

**Ready to  
work for  
these  
stickers?**

**13.1**

**26.2**

**What is it?** Fit2Endure, a personalized group training program for those crazy individuals ready to conquer the half and full marathon distances! You pick a race; we'll get you to the start line!

**When is it?** The program is monthly—you can join at any time. The group meets once each weekend for a long run as well as Thursday for specialized workouts.

**Where do we meet?** Long runs will begin at The Yacht Club and the specialized workouts will meet at George Jenkins High Track.

**How much does it cost?** The cost is \$35 a month.

**What all do I get?** A personalized training plan by an RRCA coach, Fit2Endure Tech Tee, a sticker (*naturally!*), and running partners twice a week.

**ARE YOU FIT2ENDURE???**

**For more information: Call Becca at 944-2740**

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