

Florida Emerald Coast
**Navarre Beach Galloway
Getting Started
Training Program**

Begins: Tuesday, August 25

Time: 6:30 p.m.

Place: Run With It

1888 Andorra St. in the Publix
Shopping Center-Navarre

Register www.Active.com or
in-store at 

Cost: \$89 for 10-weeks
(Visa/Mastercard accepted)

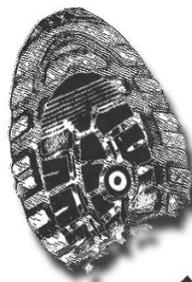
Geared for the novice runner, the *Getting Started* program will teach you the Galloway Run-Walk-Run method, help you transition from walking to running, improve your endurance and get you running to the finish line injury free. To receive training reminders, emails, and to RSVP for each training session, join the Navarre Runners and Walkers Meetup (it's FREE)

<http://www.meetup.com/Navarre-runners-and-Walkers>

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850-748-4886

850-939-1001



Galloway Training

What you will receive

- Jeff Galloway's book, *Getting Started*
- Training Journal to track runs and progress
- Galloway wicking Training Shirt
- Detailed training schedule
- Bi-weekly Group Runs with Trained Pace Leaders
- Pace groups for all levels and group support
- Detailed training schedule designed by Jeff
- Benefit of learning with others who enjoy the outdoors and keeping fit
- A chance to socialize after runs with other runners
- Opportunity to participate in a local 5K to run with friends and group support

Weekly Runs: Tues-Thurs, 6:30 p.m. and
Sat, 8:30 a.m. on the Navarre Beach
Run/Bike Path

This is an official Jeff Galloway Training Program

Area races Meetup members train for: October 2009, Run for the Reef-Navarre; November 2009- Garcon Point Bridge Run; December 2009 -Jingle Bell Run; Jan 2010-Pensacola 5K; Feb 2010- National Marathon to Fight Breast Cancer, in Jacksonville, FL; Feb 2010-Pensacola Double Bridge Run 15K/5K; March 2010-Seaside Half Marathon/5K; April 2010- Navarre Run for the Zoo 5K; May 2010 -Navarre Chamber FunFest 5K