

Florida Emerald Coast
NAVARRE BEACH GALLOWAY TRAINING
1/2 MARATHON - MARATHON

Kickoff - Sunday, June 5, 2011

4:00 PM Packet pick-up and Orientation

5:00 PM First 2-Mile Run

Location  **Run with it**
your running and walking specialists

142 Miracle Strip Parkway, Ft. Walton Beach



EVER DREAM OF RUNNING A MARATHON?

The Navarre Beach Galloway Marathon Training Program can help you reach your goal. Using Galloway's Run-Walk-Run method, **AVERAGE PEOPLE of ALL SKILL LEVELS AND AGES** can finish strong and injury free.

Get the support you need from trained Group Leaders. You will learn about running posture, speed drills, nutrition, what to wear, and how to go the distance.

1/2 MARATHON TRAINING (18 Weeks)

\$95 (New Members)

\$75 (Galloway Alumni)

MARATHON TRAINING (32 Weeks)

\$159 (New Members)

\$99 (Galloway Alumni)

Register on-line at www.Active.com

Join the Navarre Runners and Walkers Meetup for free to RSVP for your training runs, receive training reminders, and study guides. Sign up at:
www.meetup.com/Navarre-Runners-and-Walkers

Participants will receive:

- Jeff Galloway's book, *Training Programs*
- A technical training shirt
- A detailed training schedule
- Weekly Group Runs with Trained Group Leaders
- Pace groups for all levels of runners
- Finisher Medals and After-Party
- Membership in the Navarre Runners and Walkers Meetup Group
- Discounts on runDisney Events
- Benefit of learning with others who enjoy the outdoors and keeping fit
- An opportunity to participate in the Disney Wine & Dine 1/2 Marathon on October 1 and Walt Disney World Marathon Weekend in January 2012 (Discount Registration fee for all Galloway Meetup Members)
- Direct email access to Jeff Galloway

Weekly training sessions and Pace Group "Long Runs" will be held on Sunday afternoons in Navarre.

Meet times will vary depending upon length of run, weather, and sunset time.

The program also requires two additional short runs (on your own) to be completed during the week.

Sponsored by the Navarre Runners and Walkers Meetup

Contact: Maggi Roberts 850-748-4886 or Brenda Hamamura at hamamura3@mchsi.com

www.meetup.com/Navarre-Runners-and-Walkers

An Official runDisney Galloway Training Program and Running Club

