

# DISCOVER THE RUNNER IN YOU!!



The Next Macon Galloway Run/Walk/Run  
Training Program  
Starts April 30<sup>th</sup> 2010  
And will culminate in the group running the  
Chickamauga Battlefield Marathon & Half  
Marathon  
Chickamauga, GA - Nov 13<sup>th</sup> 2010

KICK-OFF MEETING APRIL 30, 2010 @ 6 P.M. PEYTON ANDERSON HEALTH ED. CENTER

TRICE AUDITORIUM-1<sup>ST</sup> FLOOR (LOCATED AT MCCG CAMPUS-CORNER OF HEMLOCK AND SPRING ST)

Have you ever wanted to RUN a MARATHON but didn't know how to get started on a training plan? Come see what Jeff Galloway has done for thousands of people just like you! Even if you can't run a mile today you can still run a marathon in 2010!

## Benefits of a Training Group

Jeff Galloway's Marathon Training Program is designed to help get you to the finish line and help avoid injuries!

Running is more fun when running together, as each member is motivated to run more often, and stay injury free. As you share stories, (gossip, issues) and pull one another along, the miles go by much more quickly. Lifelong friendships are formed in these mission-oriented, but laid back groups.

Each pace group is led by a group leader who will maintain the pace according to the "magic mile" times and will also enforce walk breaks from the beginning to the end of the run.

Here's what you get when you're a member of the Galloway Training Program!

- A group to run with in all kinds of weather
- A training program/schedule to lead you to your goal
- Jeff Galloway's Training Programs, the most comprehensive book on training for 26.2
- Direct Email connection to Jeff Galloway (training members receive priority response)
- A Training Journal to record your training and to analyze progress
- An Official Program cool max T shirt to wear with pride wherever you wish.
- Discounts at Jeff's Tahoe Retreats and Running Schools
- Other Galloway groups to train with when you're visiting other cities (over 45 cities)
- A one-year subscription to Runner's World magazine
- Lots of support and camaraderie!

REGISTER FOR THE GROUP ON-LINE AT [WWW.ACTIVE.COM](http://WWW.ACTIVE.COM)

FOR MORE INFORMATION CONTACT: BRANDI CALLOWAY

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