

2008-2009 Marathon Training Program



Info Sessions

Date: Oct. 7th and Oct. 9th

Time: 7pm-9pm

Place: The Grape
2006 N. Valley Mills Dr.
Waco, TX

Kick-off!

Saturday, Oct. 11th
8am at the
Redwood Shelter in
beautiful Cameron Park



Establish lifelong friendships, have fun, and stay injury free as we train for the following full and half marathons:

Oklahoma City
Bearathon
Waco Miracle Match
The National Marathon to Fight
Breast Cancer - Jacksonville, Florida

Program Director
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Our *Getting Started* program is for people who never have ran before and will prepare you for the Marathon Training program.

Getting Started Program Director
Carla Mueller 254. 717.9779

Membership Benefits:

- Personalized training schedule to lead you to your goal
- Weekly pace group runs
- Training journal to record and analyze your progress
- Running clinics
- *Runner's World* subscription
- Other Galloway groups to train with when you're visiting other cities (over 45 cities)
- Official training t-shirt to wear with pride!
- Endless support and camaraderie

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