

ALBUQUERQUE ROAD RUNNERS CLUB

# Women In 2017 Training

10 WEEK  
PROGRAM

FOR  
EXPERIENCED  
RUNNERS  
TOO!

for women of  
all ages and abilities

WIT Program Director: Jane Cudney-Black

Designed to train beginning and experienced women runners,  
run-walkers, and walkers to participate in

Albuquerque Road Runners Club's  
31st Annual Women's Distance Festival  
5K Run & 5K Walk  
July 9, 2017

## PROGRAM INCLUDES:

- ▶ 10 weeks of training with 3 group workout options per week:  
Monday evening – Thursday evening – Saturday morning
- ▶ a Women-in-Training tech-fabric shirt  
*(please register by May 1 to guarantee a shirt)*
- ▶ a 5K training plan and guidance from ARR mentors
- ▶ clinics on running/walking training, gear, nutrition, and more
- ▶ WIT After-Party

PRICE: \$50 for ARR members

\$70 for non-ARR members

(includes 1-year ARR membership)

- ▶ *registration for Women's Distance Festival 5K not included*

REGISTER ONLINE at [newmexicosportsonline.com](http://newmexicosportsonline.com)

- ▶ search ABQ Road Runners Women in Training

REGISTER IN PERSON at the April 5 ARR Club Meeting

- ▶ 6:30 pm at No. Domingo Baca Multigeneration Center Rm 5

## KICKOFF

at Albuquerque Academy Track

**Monday, May 1**

6:00 pm

Meet & Greet

Registration available

6:30 pm

Welcome

Short Training Session



For more information:

Visit our website at [www.abqroadrunners.com](http://www.abqroadrunners.com)  
– find “Women in Training” under CLUB INFO