

10 week training program for women of all ages and abilities

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WOMEN IN TRAINING

Designed for beginning and experienced **RUNNERS, RUN-WALKERS, and WALKERS**

BEGINS Monday, April 18, 2022 – 6:30 pm
Hoffmantown Church parking lot (Ventura & Harper NE)

✓ PROGRAM INCLUDES

- 10 weeks of training: 2 group sessions (Thursday and Saturday) + 1 independent study per week
- Private Facebook group
- WIT 2022 shirt
- 5K training plan
- Guidance from ARR mentors
- Clinics on gear, nutrition, and more
- WIT after-party

➔ GOAL RACE

WOMEN'S DISTANCE FESTIVAL 5K
Sunday, June 26, 2022

Led by
Jane Cudney-Black

\$ PROGRAM PRICE

ARR Members \$50
Non-members \$65

- REGISTER ONLINE at RaceEntry.com
- REGISTER IN PERSON on April 18 at 6:00 pm (*cash or check only...no credit cards*)

**FOR COMPLETE DETAILS
VISIT OUR WEBSITE
abqroadrunners.com**

A program of
ALBUQUERQUE ROAD RUNNERS CLUB

