

From our running coach, Michelle Staal



I began running later in life and I never thought it was a sport I could ever do. I was a walker... a race walker. You know, the ones that everyone makes fun of? That was me, out there by myself with no one to walk with or talk to. And I really wanted someone to talk to, so I started to run. Not fast and not far, but I kept doing it. Though I'm never going to come in first, I have a great time running with others. I remember what it was like to be that beginner, and I promise that I will be there to help you make it to the finish!

Give us a test run! Run up to Run Camp:

Fifth Third River Bank runs at the downtown YMCA
Join us the first Saturday of each month starting December 3

FREE Runs on December 10 and 17
at David D. Hunting YMCA, downtown Grand Rapids
7:45 am meet up and pre-run info, 8 am run

Drop-ins welcome during our training program
\$10 per run (January 14 - May 10)

**More information at
GazelleSports.com/Training**




Gazelle Sports

GRAND RAPIDS
3930 28 St SE
616.940.9888
M-S 10-9 • Sun 12-5



FIFTH THIRD RIVER BANK RUN CAMP

5k • 13 weeks / 10k • 13 weeks / 25k • 18 weeks

Why should you train with us?

- Team leaders for all paces
- Manzella hatchback gloves
- Training schedule, resource notebook and weekly clinics
- VIP Room at Devos Place on race day
- Child care available for additional fee*
- Saturday morning post-run food
- 10% Gazelle Sports discount card
- Fun group atmosphere


Gazelle Sports


the
YMCA

Whether you are just starting out or starting over we want to get you to the finish line!

Holland Groups also available
* Email Michelle Staal for more information
mstaal@GazelleSports.com

Metro Health
Sports Medicine

Pick your distance

Groups train:

Tuesdays | 6 pm at Southeast YMCA

Saturdays | Will rotate between four YMCA locations

David D. Huntington YMCA; downtown Grand Rapids Spartan Stores YMCA;

Wyoming Wolverine World Wide YMCA; Belmont Southeast YMCA Grand Rapids

7:15-7:45 am: clinic

7:45-8 am: pre-run info and pace meet-up

8 am: RUN

5k

13 week Program

Info Night 6 pm | Tuesday, February 7
at Gazelle Sports Grand Rapids

Training starts Saturday, February 18



Cost: \$75
RBR5K

10k

13 week program

Info Night 6 pm | Tuesday, February 7
at Gazelle Sports Grand Rapids

Training starts Saturday, February 18



Cost: \$75
RBR10K

25k

15 week program

Info Night 6 pm | Tuesday, January 3
at Gazelle Sports Grand Rapids

Training starts Saturday, January 14



Cost: \$100
RBR25K

Pick your pace

- 8:30 and under
- 8:30-9:00
- 9:00-9:30
- 9:30-10:00
- 10:00-10:30
- 10:30-11:00
- 11:00-11:30
- 11:30-12:00
- 12 and over

Sign up online at GazelleSports.com/Training

NAME

ADDRESS

CITY ZIP

PHONE

EMAIL

EMERGENCY CONTACT

PHONE

GLOVE SIZE

MEN'S M L XL

WOMEN'S S M L

Disclaimer: I have full knowledge of the risks involved and am physically fit to participate in this training program. Also, in consideration of my participation in the program, I release and discharge Gazelle Sports and other participating organizations, including sponsors, for injuries or damages incurred during the program. I also authorize Gazelle Sports to utilize any photographs and/or video recordings of my participation in any Gazelle Sports program for any and all purposes, and to communicate with me about future program/promotions.

SIGNATURE DATE

checks payable to Gazelle Sports

PAYMENT METHOD CHECK CC

CREDIT CARD NUMBER

EXPIRATION DATE



Full refund if program has not begun • Partial refund (program fee minus \$10 administrative fee) if requested within two weeks of program start • Any refund given after program start will be given in the form of Gazelle Sports store credit memo • After the third week of the program, no refunds will be given • If you have special medical issue, please email us!

PLEASE MAIL FORM TO:
3930 28th St SE
Grand Rapids, MI 49512

For more information
contact: Michelle Staal
mstaal@GazelleSports.com
616-940-9888