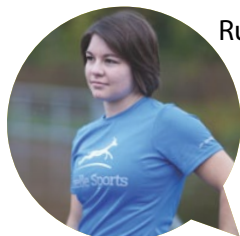


From our running coach, Allison Esien



Running was not always a part of my life. It was not until after spending a year working in Mississippi doing disaster relief – rebuilding homes and helping victims of Hurricane Katrina – that I discovered running. I was in need of a stress reliever and a weight loss aid. My daily walks eventually turned into walk/runs, and before

I knew it, I was running four miles at a time. I joined the Fifth Third River Bank Run training program and completed my first 25k in May 2010. And I've never looked back. I love running. It gives me time to myself to think, to decompress. It provides a challenge to work at and overcome, plus I get to run with friends and other like-minded people!

At Gazelle Sports, I love working with our training program participants to help them achieve their goals. There is nothing better than seeing the look of pride on someone's face because they just accomplished what they thought at one time was unattainable. I am looking forward to a great 2012, with lots of new friendships formed, training programs full of fun and great people, and many extraordinary races to be run!

Give us a test run! **Run up to Run Camp:**
FREE Runs on December 3, 10 and 17
8 am at Gazelle Sports Holland

More information at
GazelleSports.com/Training



HOLLAND
Downtown, 24 W 8th St
616.392.2282
M-F 10-8 • Sat 10-6 • Sun 12-4



FIFTH THIRD RIVER BANK RUN CAMP
5k • 10 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
- 10% Gazelle Sports discount card
- Fun group atmosphere

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

Grand Rapids programs also available



Pick your distance

5k

10 week Program

Info Night 6:30 pm | Thursday, March 1
at Gazelle Sports Holland
Training starts Tuesday, March 6

Group Trains

Tuesdays | 5:45
Thursdays | 5:45



**Cost: \$75
RBR5K**

10k

13 week program

Info Night 6:30 pm | Tuesday, February 7
at Gazelle Sports Holland
Training starts Saturday, February 18

Group Trains

Wednesdays | 5:45 pm
Saturdays | 8 am



**Cost: \$75
RBR10K**

25k

18 week program

Info Night 6:30 pm | Wednesday, January 4
at Gazelle Sports Holland

Training starts Saturday, January 7

Group Trains

Wednesdays | 5:45 pm
Saturdays | 8 am



**Cost: \$100
RBR25K**

*Drop-ins welcome during the 25k training program
\$10 per run (January 14 - May 10)

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

In consideration of your accepting this registration form, I hereby for myself, my heirs, executors and administrators waive and release all rights and claims for damages I may have against Gazelle Sports, the sponsors of the event, its agents, representatives, successors and assigns for any and all injuries suffered by me at said Gazelle Sports program, or which may arise out of traveling to, participating in and returning from these events. I also authorize Gazelle Sports to utilize my photographs, personal narrative, interviews, or audio and video recordings of my participation in any Gazelle Sports program for any and all purposes and to communicate with me about future programs and/or 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:
Downtown, 24 W 8th St
Holland, MI 49423

For more information contact: Allison Eisen
aeisen@GazelleSports.com
616-392-2282