

# ProFitness

TRAINING SPECIALIST :: TRIATHLON :: RUNNING :: PERSONAL TRAINING :: MASSAGE THERAPY

## Women's Running Group!

Monday mornings → beginning September 8, 2008

8:20 a.m. @ Wagner Park (corner of 26th and Elgin)

No Fee it's Free.

Small print - you do have an option to be provided w/ an 8 week training schedule which will build you to 5K - Marathon

Go to [www.TKRun.com](http://www.TKRun.com) to sign up and receive more information

### What you need to bring:

- Wear proper running shoes.
- Wear comfortable exercise clothes.
- Bring a bottle of water.
- Smile for your friends

