



THE STARTING GUN

"Because whether you think you can, or think you can't, you're right"

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Are you interested in running but don't know how to begin?

Are you a walker who would like to try running?

Tired of going to gyms, personal trainers?

Want to take your exercise with you wherever you go?

Then join me this Spring....

The Starting Gun is a newly forming group of women who would like to run and would like some guidance and camaraderie. Our philosophy is that anyone can learn to run. If you can believe it, you can do it. Our mission is to inspire women to believe in themselves, challenge themselves, and learn to run safely and with confidence.

The program will begin in April, 3x a week, RAIN or SHINE. We will begin walking, eventually working up to running, and the program will finish at the completion of the Tenafly 5K.

Running is more than a physical activity, and so is this program. It is about setting goals, empowering yourself, and rewarding yourself.



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