

10 WEEKS TO YOUR BEST **FREIHOFFER'S TIME**



run *for* **women** TRAINING CHALLENGE

JOIN US AT THE RECORD FOR A 1 HOUR PRESENTATION

March 20TH from 5:30 - 6:30PM

Meet with training coaches,
nutritionists and injury prevention
specialists to discuss
the **2nd Annual Training
Challenge** designed to help
women of all ages and abilities
prepare to run a 5k race.



The Record TroyRecord.com

**THE RECORD, 501 BROADWAY TROY
SPACE IS LIMITED.**

RSVP at <http://bit.ly/FreihoferRun>