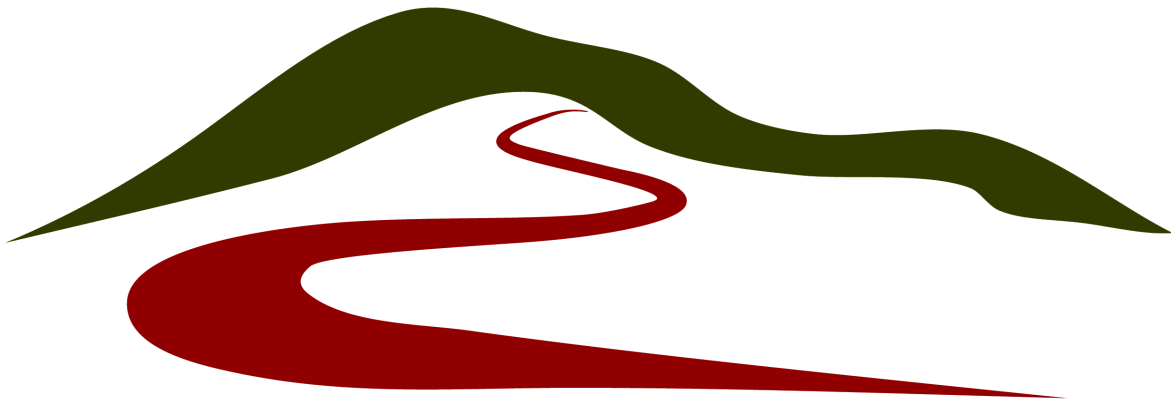


# Run To Footstock

Preparing for the 5K and 10K races



*Red Rock Runners  
Cochrane*

**Starts Wednesday 21<sup>st</sup> March 2018**

Whatever your time goal, training for Footstock is more enjoyable when training with a group of like minded runners

Short discussion followed by group training session Wednesday evenings at 6:30PM

Group long runs on Saturday Mornings at 8:30AM

Group training session Monday evenings at 6:30PM

**Clinic is 11 weeks of training**

Includes club membership for 2018

Full details available online

**<http://redrockrunners.com/RunningClinic>**

**email: CRRRTC@gmail.com**

Clinic Location: **Cochrane**