

Melissa's Road Race

Banff, AB September 25th, 2010

Melissa's Women's Weekend Away

SOLD OUT!

- 15 week training program (10km or 22km)
- Weekly runs with our Melissa group
- Customized Training Journal
- Training Nutrition plan + additional race info.
- Transportation to & from Banff
- 2 nights accommodation in Banff, right on the river, walking distance from Race sight & Banff attractions
- Race registration
- Post-race massage in your hotel room
- Meet & Greet Friday night in the penthouse hospitality suite
- Pre-race snacks and bottled water in your room
- Tons of fun, shopping & great food with the spectacular backdrop of Alberta's Rocky Mountains.
- \$499 includes everything! \$250 NON-REFUNDABLE* deposit required at time of booking. \$549 for 22km group.
- Call Michelle @ 403.358.1157 or trailrun@telus.net

*No refunds issued unless your cancelled spot is filled.

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COME TRAIN WITH US!

RED DEER WOMEN'S TRAINING GROUPS

10KM OR 22KM

STARTS IN JUNE, 2010

- 15 week training program (10km or 22km)
- Weekly runs with our **Melissa's Road Race** Group
- Customized Training Journal
- Nutrition plan + additional race info
- **ONLY 12 SPOTS AVAILABLE**
- 10KM group runs **MONDAYS @ 6:30PM**
- 22KM group runs **WEDNESDAYS @ 6:30PM**
- **\$99 FOR 10KM - \$149 FOR 22KM**
- Call Michelle @ 403.358.1157 or trailrun@telus.net

*** DOES NOT INCLUDE YOUR RACE REGISTRATION!**