

**PACE
FOR
THE
RACE**

2017



FREE TRAINING CLINIC

TRAINING GROUPS:

**HALF MARATHON,
BEGINNER AND INTERMEDIATE 5K/10K WALKERS AND RUNNERS**

As part of the Spa Pacers' Pace for the Race Training Clinic, Arkansas Blue Cross and Blue Shield is partnering with the Spa Running Festival to include a Couch to 5K (C25K) Healthy Living initiative. Not only will participants receive training for the race, but also sessions on safety, nutrition, exercising, injury prevention, and proper gear selection.



**September 12TH - November 16TH
TUESDAY/THURSDAY
5:45 pm**

Running groups meet at 5:45 pm at the Transportation Depot located at (100 Broadway Terrace)

REGISTER ONLINE AT

<http://runsignup.com/Race/AR/HotSprings/SpaPacersPacefortheRaceTrainingClinic>

LIKE US ON FACEBOOK

<http://www.sparunningfestival.com/>

QUESTIONS?

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