

SHAMROCK 5K PREP PROGRAM

**Join personal trainer and runner Wendy O'Bryant
for an 8 week training program leading up to a 5k Race!**

Program includes a detailed 8 week running program
paired with weekly small group personal training.
Participants will finish the program with the completion of
the 5k race scheduled for the program!

Program Introduction Meeting

Saturday, January 18

11:00 am

Training Registration Options

Saturdays, January 18-March 8

12:30-1:30 pm

Thursdays, January 23-March 13

6:30-7:30 pm

\$140/members

\$182/non-members

Race day is March 15, 2014

Program participants receive
a waived registration for our 5k race,
a program t-shirt and a shirt for the race!



410-734-7300

www.thearenaclub.com

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