

# 10KM Running Clinic



**ONLY \$65**

The 10KM Running Clinic is a 10-week program, starting Tuesday, February 27. Participants will meet Tuesdays at 6pm at the Joseph Howe Atlantic Superstore Community Room and Saturdays at 9am at a predetermined location.

*Have you already conquered running a 5KM and are ready for the next phase of your running adventures?*

Welcome to the **10KM Running Clinic!** We are excited to run with you and help you cross the GoodLife FITNESS 10KM finish line.

Your 10KM Running Clinic journey will include:

- Two coaches
- Pacers
- 10 weeks of training, twice a week
- 50% off your GoodLife FITNESS 10KM race entry
- Blue Nose branded swag item
- 10 sessions where you will learn all things running
- The unforgettable feeling of crossing the finish line
- and so much more!

Space is limited, so sign up today!

[bluenosemarathon.com/clinics](http://bluenosemarathon.com/clinics)



**What are you waiting for?** Take a step today for a healthy tomorrow and sign up! Got questions? Call Kelly at 902.496.1889 or email [kelly@bluenosemarathon.com](mailto:kelly@bluenosemarathon.com)