

Learn 2Run

5KM Running Clinic



Dreamed of running a 5KM race but don't know how to get started? We'll help you cross the finish line!

ONLY \$65

(Space is limited, so sign up early)

Stay committed and accountable, and get 50% off your Blue Nose 5KM race entry! Come join at BlueNoseMarathon.com/clinics

Join our **Learn2Run 5KM Running Clinic (L2R)** and our coaches will teach you how to prepare for the Blue Nose 5KM.

The 10-week program starts Tuesday, February 27 and runs twice a week—Tuesday nights at 6pm and Saturday mornings at 9am at Bedford Atlantic Superstore, 1650 Bedford Highway

Your **Learn2Run** journey will include:

- Two coaches
- 10 weeks of training, twice a week
- 10 clinics where you will learn all things running
- Blue Nose branded swag item
- The unforgettable feeling of crossing the finish line
- and so much more!



What are you waiting for? Take a step today for a healthy tomorrow and Get'er signed up! Got questions? Call Kelly at 902.496.1889 or email kelly@bluenosemarathon.com