

Healthy Charleston Challenge 2-Miler

Run & Walk Training Clinic

Whether this is your first race, you want to crossover from walking to running or you just want to hone your endurance skills, this 8 week training clinic is perfect for **YOU!**

September 20th to November 8th, 2011
Tuesday evenings 5:30 pm to 6:30 pm

Meeting spot: MUSC Wellness Center
downstairs lobby

Fee: \$40 Members
\$60 Non-Members or \$120 with 8
week membership
\$25 current HCC participants



In addition, you will also receive these great benefits:

- Discount Race registration fee
- Healthy nutrition habits to support your training
- What to eat pre and post race
- Proper stretching techniques
- Tips on injury prevention
- And More!