

CHARLESTON BICYCLE CO. & RUNNING SHOP PRESENTS



CBC RUN CLINIC 2010

A BEGINNERS CLINIC

JANUARY 23 • WEST ASHLEY SHOP • 10 AM

NOW IS THE TIME TO START RUNNING!

This is a clinic designed to get you started with running, whether it be for exercise, races, or just for the sheer enjoyment of running. The clinic will include a shoe analysis and/or fitting, discussion of basic running topics needed to be considered by the beginning runner, training tips, question and answer session, followed by a group run. If you have ever considered running, or have started and want to know more, this is a perfect opportunity to kick off a running program. Held in a relaxed, informal environment with runners of the same level.

\$25 PERSON
\$45 COUPLE

To register, or for more information or questions, please contact Mark Nowling. Email at mark@charlestonbicyclecompany.com. Phone or text to 843-437-8321, or East Bay Shop 843.407.0482, or West Ashley Shop 843.571.1211.