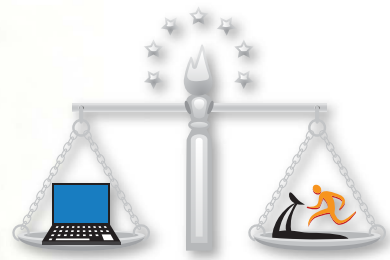


12-WEEK MINI-MARATHON TRAINING PROGRAM



Fit to Practice

ISBA Wellness Committee

Thursdays @ 5:30pm

Meet @ Starbucks
on the Circle

Kick-off party and
3-mile run on
February 12, 2015

2015 Mini-Marathon
is on Saturday
May 2, 2015

Training program
costs \$10 (*does not
include race entry*),
includes post-race party

Register online:
www.inbar.org

ALL RUNNERS AND WALKERS WELCOME!

Questions? Please contact:
sara@bennettmclammer.com