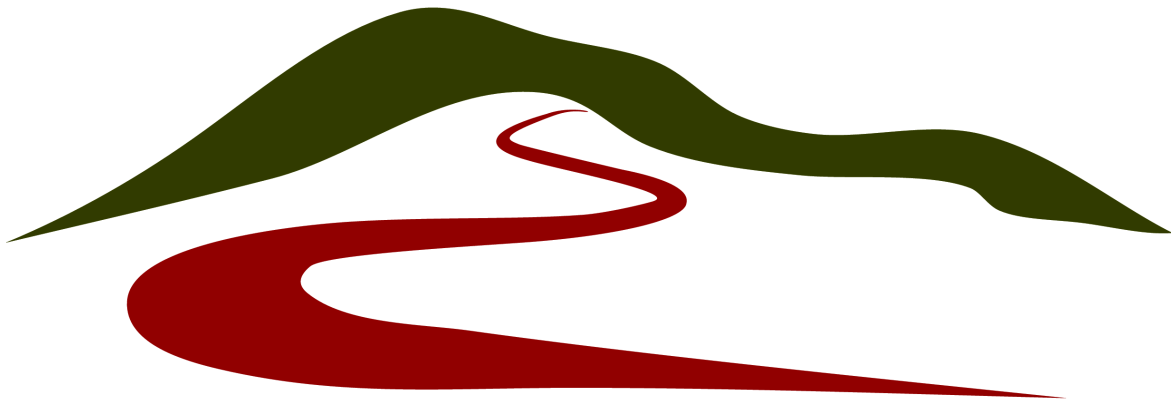


# Run To Footstock

Preparing for the 5K and 10K races



*Red Rock Runners  
Cochrane*

**Starts Wednesday 25<sup>th</sup> March 2020**

Whatever your time goal, training for Footstock is more enjoyable when training with a group of like minded runners

Short discussion followed by group training session Wednesday evenings at 6:30PM

Group long runs on Saturday Mornings at 8:30AM

Group training session Monday evenings at 6:30PM

**Clinic is 11 weeks of training**

Full details available online

<http://redrockrunners.ca/clinics/>

email: [CRRRTC@gmail.com](mailto:CRRRTC@gmail.com)

Clinic Location: **Cochrane**