

Spring/Summer Marathon Training Schedule for a Fall Marathon

What: FREE & FUN Training Runs for the fall marathon of your choice!

Where: Fit Right Northwest (FRNW) – Portland and a few in Vancouver!
Don't forget that we have FREE parking behind our building off of Northrup.

When: All scheduled runs begin at 8:00 am.

How: Be ready to run by 8 am. We'll make a few announcements, divide you into pace groups and send you on your way. Upon your return, we'll have *FREE Massage, refreshments and snacks to help you rehydrate & recover. **Special discounts to all who run with us! See dates below**

Directions: [Portland Store](#) [Vancouver Store](#) (click on one) or www.fitrightnw.com



Date	Location	Distance	Route	Notes	**Bonus!
April 4	FRNW Portland	4-8 Miles	Water Front	No Aid	Sale on store product
April 18	FRNW Portland	6-10 Miles	Leif Erickson	No Aid	
May 9	FRNW Portland	9-12 Miles	Water Front	<i>Aid Station</i>	Sale on store product
May 23	FRNW Portland	10-13 Miles	Leif Erickson	Aid @Leif	
June 6	FRNW Vancouver	12-15 Miles	To Lacamas Lake	<i>Aid Station</i>	Sale on store product
June 20	FRNW Portland	13-16 Miles	Water Front	<i>Aid Station</i>	
July 4		No Scheduled Run – Enjoy your 4th of July Celebration!			
July 18	FRNW Portland	16-19 Miles	Water Front	<i>Aid Station</i>	Sale on store product
August 8	FRNW Portland	18-20 Miles	Leif Erickson	Aid @Leif	Sale on store product
August 22	FRNW Vancouver	18-20 Miles	To Lacamas Lake	<i>Aid Station</i>	
Sept. 5	FRNW Portland	19-21 Miles	Water Front	<i>Aid Station</i>	Sale on store product
Sept. 19	FRNW Vancouver	16 Miles	Breakfast - Nautilus	<i>Aid Station</i>	

*FREE Sports Massage from our good friend April Neufeld and her colleagues at Movement Therapy Clinic.

**Sale on 1st Thursday Sponsors Product only.