

**FREE marathon training runs at Fit Right Northwest Running & Walking stores.**

We're once again hosting FREE runs for everyone interested in joining a fun group of individuals as you train for your fall marathon. If you've run with us in the past, expect the same great staff, same start time, same routes, same aid stations and FREE massage from our favorite massage therapist at Movement Therapy Clinic - April Neufeld (Beginning May 23). We will also have bagels from Noah's Bagels and beverages following!

What's new this year is that we won't be partnering with the Portland Marathon Clinic and will not have designated pace leaders. However, we will be establishing pace groups at the beginning of each run before sending you out along the course. Therefore, you will still have running groups divided up by pace.

Want more of an incentive? Times are tough and let's work together to help others. Join us on Saturday's from April - October and log your running miles. For every documented mile you run with us, Fit Right NW will donate \$.25. At the end of the training schedule (Sept. 19) We'll add up your total miles from the store and donate to the charity of your choice. \$.25 may not sound like much, but when we've averaged 175 or so runners on a Saturday, it adds up quick. So, come join us and let's work together to help our community!

Registration will begin April 1, 2009 for those wanting to log your miles.

[\(printable form\)](#)

## 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](http://www.fitrightnw.com)



| <b>Date</b>   | <b>Location</b>  | <b>Distance</b> | <b>Route</b>                | <b>Notes</b>       | <b>**Bonus!</b>       |
|---------------|--|-----------------|-----------------------------|--------------------|-----------------------|
| 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> |                       |
| <b>July 4</b> | <b>No Scheduled Run – Enjoy your 4<sup>th</sup> of July Celebration!</b> |                 |                             |                    |                       |
| 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        | <b>Breakfast - Nautilus</b> | <i>Aid Station</i> |                       |

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

\*\*Sale on 1<sup>st</sup> Thursday Sponsors Product only.