



Half Marathon Training Program

NO EXPERIENCE NECESSARY!

Have you always wanted to train for a race
but didn't know where to start?

Join **Bob Lingl's** training program and receive all the training and tips you need to complete your first half marathon! Bob has successfully coached beginners of ALL ages to **WALK OR RUN** their first race.

All ADULTS welcome. YOUTH must be at least 12 years old.

Starting Line:

Saturday June 20th – 8:00am at La Purisima Mission
Meet Bob in front of the gift shop. The group will meet Saturdays at 8:00am.

Finish Line:

Saturday September 26th at 8:00am - Valley of the Flowers Half Marathon



FOR MORE INFO: Contact Bob Lingl at boblingl@aol.com