

Free Runner's/Walker's Clinic

presented by

***RUNNER'S
EDGE*** 

"Your premier running and multi-sport source"

Runner's Edge, a running and multi-sport shop will be happy to bring their Free Runner's/Walker's Clinic to your workplace!

Clinic Highlights

- How to get started
- Proper apparel and footwear
- Hydration and nutrition
- Training for the Marcum Workplace Challenge 3.5 mile distance
- Question and answer period

11th Annual

**MARCUM
WORKPLACE
CHALLENGE**

**For more information or to schedule a clinic,
call Bob Cook at 516-420-7963**

Attention Team Captains: Please copy and distribute to your team!

Jump Start Your Training with...

15% OFF

your first purchase of footwear and apparel at



**RUNNER'S
EDGE**

"Your premier running and multi-sport source"

Training for the 2016...

11th Annual

**MARCUM
WORKPLACE
CHALLENGE**

Get everything you need... including training tips and advice from the friendly and knowledgeable staff at the Runner's Edge. We are Long Island's premier source for all your running and triathlon needs.

Visit us today or shop online:

www.runnersedgeny.com

and use Coupon Code: [MARCUMCHALLENGE](#) at checkout for additional savings!

I'm participating as a part of the

team!

_____ (insert company name here)

Runner's Edge

242 Main Street • Farmingdale, NY 11735-2618

www.runnersedgeny.com

516-420-7963 or 1-877-RUN-EASY (877-786-3279) • Fax 516-420-9204 • Email: runneredge@aol.com

Store Hours: Mon-Wed and Fri-10:00 am-6:00 pm

Thurs-10:00 am-8:00 pm • Sat-10:00 am-5:00 pm • Sun-12:00 pm-4:00 pm

Please present flyer at time of purchase.

Expires July 26, 2016