



Winter
ENDURANCE

F S R
Faster. Stronger. Runner.

Group Runs AND Whole Body Strengthening

Prevent Injuries. Become Faster. Become Stronger.

Winter ENDURANCE

Jan 4 - Feb 24, 2012

Time: 5:30-6:30am

Wednesdays: Group Run

Fridays: Hip/Core Strengthening

Location: Sanford Power Center
& Outdoors

FSR WILL PROVIDE

- Group Runs
- Injury Prevention
- Interval Programs
- Runner Specific Nutrition
- Hip & Core Strengthening
- Individual Attention from Coaches
- Running Apparel and Racing Tips
- Weekly Emails w/ Motivation & Encouragement

Questions?

Marilyn

Jenny

701-799-2488

701-866-2136

NAME: First _____ MI _____ Last _____

Cell _____ EMAIL _____

Gender: M/F Date of Birth _____

Address _____ City _____ State _____ ZIP _____

Emergency Contact _____ Phone # _____

New Members: \$95 Current/Previous FSR Members: \$75
Mail payment & form to FSR, 4262 43rd Ave S, Fargo, ND 58104



FSR: The Right Way to Train