



Stay motivated, get racing tips, and make new friends!

Join the Half Full Running Club!

(You know you want to!)

With your membership, you'll get:

- | | |
|--------------------------------|----------------------------------|
| Year round training | USATF and RRCA certified coaches |
| Social runs and track workouts | Detailed training schedule |
| Quarterly social gatherings | Runner seminars |
| Discounted race entry fees | Bag o' shwag... and more! |

We have training programs for the following races:

- | | |
|-------------------------------|--------------------------|
| SJ Rock and Roll 1/2 Marathon | SF 1/2 and Full Marathon |
| See Jane Run 1/2 Marathon | Cal Int'l Marathon |
| Kaiser 1/2 Marathon | Napa Valley Marathon |

Run... for your life!

www.halffullrunning.com

Questions? Email penny@halffullrunning.com

Cut here and return

Sign me up! Enclosed is a check for my annual membership fee of \$50.

Please make check payable to:

Half Full Running Club

1591 34th Avenue
San Francisco, CA 94122

NAME _____

ADDRESS _____

CITY/STATE/ZIP _____

EMAIL _____ DAYTIME PHONE _____