

Get Ready to Get Over It!!!

- Expert Coaching, plus tips on:
 - *Nutrition*
 - *Weight Training*
 - *Motivation*
 - *Injury Prevention*

**Expert 10 Week
Walking & Running
Clinics!**

Cost is \$75 per person (non-refundable) and includes an "In-Training for the Bridge Run" shirt.
Entry deadline is Jan. 9th. (call to check for space after this date).

Payment must be submitted with entry form to guarantee your space.

- Mt. Pleasant Clinic is at Town Track (behind Municipal Complex on Houston Northcutt Blvd.)
- Downtown Clinics at MUSC Wellness Center, 45 Courtenay Drive, Charleston.

For more information, please call
Benita Schlau 792-9001

Make check payable, and mail to:

CRBR, PO Box 22089, Charleston SC 29413
Or fax (Visa/MC only) to: 856-1950; or in person at MUSC Wellness Center (pay to CRBR) or at CRBR, 716 S. Shelmore #105, Mt Pleasant 29464.



**COOPER RIVER
BRIDGE RUN**

Official Bridge Run Training Clinics!

*Clinics brought to you by the
MUSC Wellness Center.*



**MUSC
WELLNESS CENTER**

Choose One:

- Downtown 1/12 - 3/15 Tuesdays 6pm**
- Downtown 1/13 - 3/16 Wednesdays 6am**
- Mt Pleasant 1/13 - 3/16 Wednesday 6pm**

Name: _____ Phone #1 _____

Email: _____ Phone #2 _____

Age _____ Street: _____

City _____ State _____ ZIP _____

Credit Card:

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 Expires: _____ / _____
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- Which Clinic?**
check one
- MUSC, Tues. 6 PM
 - MUSC, Wed. 6 AM
 - Mt. Pleasant Track
Wed. 6 PM

- What is your
running level?**
check one
- Walker
 - Walk/ Run
 - Intermediate Runner
 - Advanced Runner

T-Shirt size:
circle one
S M L XL XXL