

SARR OFF-ROADRUNNER TRAINING



Join the SARR Off-RoadRunners and train with RRCA Certified Coaches, mentors, and trail-running freaks for the SARR Prickly Pear 50K/10M/5K Trail Run at McAllister Park on March 9, 2019. The 10 mile program will benefit beginner/intermediate/experienced trail runners, and the 50K* program will be a continuation of the SARR fall marathon training program, and for experienced trail runners. For more information and to sign up, visit www.saroadrunners.com

TEAM PERKS

- All levels of runners are welcome
- 10M Run/Walk Program available
- Training schedules written by experienced RRCA certified coaches
- Weekly Group Runs and Socials (Wednesday evenings and Saturday mornings)
- Run on natural trails in local/state parks and natural areas
- Long-sleeve Training Team shirt (Men's and Women's sizes)
- Discount on Prickly Pear registration fee
- Optional Beginner Base-building for 10M program starts December 15, 2018
- Team Orientation Meeting at REI, January 2, 2019, 6:30pm
- First Team Group Run, January 5, 2019
- Cost \$40 SARR Members; \$65 Non-Members (includes 1-year SARR membership)

