

# OFF-ROAD Runner Training



Train with RRCA Certified Coaches, mentors, and trail-running freaks for the SARR Prickly Pear 50K/10 Mile/5K Trail Run at McAllister Park on March 10, 2018. 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](http://www.saroadrunners.com)

## TEAM PERKS

- 10M and 50K\* training schedules written by experienced RRCA certified coaches
- Weekly Group Runs and Socials (Wednesday evenings and Sunday mornings)
- Run on dirt, rocks, gravel, and sometimes mud in local/regional parks and natural areas
- Weekly Training Tips
- Training Team shirt (Men's and Women's sizes)
- Discount on Prickly Pear registration fee
- Optional Beginner Base-building for 10M program starts in December
- Team Orientation Meeting, Saturday, January 6, 2018
- First Team Group Run, Sunday, January 7, 2018
- Cost \$25 SARR Members; \$50 Non-Members (includes 1-year SARR membership)

