

Running Clinic

Kickstart My Heart!

Runner's Clinic!

Runners' Clinic at Magic Island (Charleston, WV)

We will be beginning our Runner's Clinic on Saturday, February 7, 2008 at Magic Island, this is a weekly activity.

- When: Saturday morning 9AM... rain, sleet, snow... we'll be there.
Where: Magic Island, Charleston, WV Map below
Who: Anyone wanting to prepare for a 5K run or just get in shape!
(**Assessment survey required**) All Levels!
Cost: Free for participants and volunteers of the [Run for a Wish!](#)
(Non participants \$5 per week)
What: Tips on running, racing, walking, nutrition and much more!
Bring: Water, proper clothing (hats, gloves, running walking shoes)

Clinic by West Virginia Home Fitness

Call: 304.881.0337

Email: Clinic@wvhomefitness.com

www.wvhomefitness.com/clinic.aspx

Run for a Wish for

MAKE A WISH®
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