



# Empowered 2 Run



## Running Camp

Starting Saturday March 6th  
12:00 p.m. at Wildwood Metropark

**Learn to Run in 8 Weeks!**  
Or, learn to run better!

**For women runners of all ages and ability levels. If you've been walking, you can learn to run. Have you always wanted to run but doubted your abilities? Is it your first time running? Do you always get out of breath or find running is just too hard? Would you like help staying on track? Need help staying motivated? Then Empowered 2 Run is for you!**

### The Empowered 2 Run Philosophy: Training the Whole Runner

- 1) The physical training:** get fit, lose weight, look and feel great!
- 2) The mental training:** believe in yourself, find your inspiration, gain self-awareness and discipline!

**We'll help you find your motivation, be empowered, and reach your goals!**

### Location

Nature Center  
Wildwood Metropark  
Central Avenue

### Reasons to Join!

- **Develop a strong body**, a strong mind, and a strong heart.
- **Create positive change in your life.**
- **Running is** one of the best aerobic exercises for your heart and lungs.
- **You'll lose weight** - most beginners often lose nearly a pound a week.
- **Make great friends that share your passion.**
- **See how capable you really are!**

### Cost

**\$160 for 8 Sessions**  
(& weekly follow-up)

Full schedule provided at first session w/rain dates and make-up sessions available.

**"I never thought I would be this good of a runner! Your coaching has been the best thing for my self-esteem and for my fitness level. Thank you so much for your coaching support, and encouragement." - Polly M.**

**For additional information please contact:** Ernie Lewis at 419-345-4254, or [ernest@empowered2run.com](mailto:ernest@empowered2run.com)

**REGISTER ON-LINE AT: [www.empowered2run.com](http://www.empowered2run.com)**

**Or, use this Mail-In Registration Form**

Name: \_\_\_\_\_

Company: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

**Cost:** \$160 for 8 Sessions & weekly follow-up

Register online at:

<http://www.empowered2run.com/runningcamp.htm>

Or make checks payable to: EA Lewis

Mail to: EA Lewis

Empowered 2 Run

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