



Empowered 2 Run



Running Camp

Learn to run, or run better, in 6 weeks!
Starting Saturday April 2nd!

For runners of all ages and ability levels. 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!

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!**

Location

Nature Center
Wildwood Metropark
Central Avenue

Cost

\$195 for 6 Weeks!
Training Manual Included

Saturdays from 7:30 - 9:00 a.m.
Includes rain dates and make-up sessions if needed.

"This is an upbeat and structured class all you have to do is participate and have a will to succeed. I went from a 15 minute pace to an 11 minute pace during Camp!" - Sheryl Losey

For additional information please contact: Ernie Lewis at 419-345-4254, or ernest@empowered2run.com

REGISTER ON-LINE AT: www.empowered2run.com

Or, use this Mail-In Registration Form

Name: _____

Company: _____

Address: _____

Phone: _____

Email: _____

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Training Manual Included

Register online at:
<http://www.empowered2run.com/runningcamp.htm>
Or make checks payable to: EA Lewis

Mail to: EA Lewis
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