

Ellen Brenner

From: Constant Contact [support@constantcontact.com]
Sent: Sunday, December 30, 2012 7:11 PM
To: ellen@fleetfeetrochester.com
Subject: Your email Train for a 5K, 10K, Half, Full or more - New Year, New You has been sent

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Email Confirmation



Dear Ellen Brenner,

Your email, named Train for a 5K, 10K, Half, Full and more - New Year, New You 2013, was sent on 12/30/2012 around 7:10 PM EST.

Below is a copy of the HTML version your contacts received. Don't forget, you can easily monitor the effectiveness of your email with real-time metrics and stats. Log in to your Constant Contact account and visit the **Reports** area under the Emails tab.

Subject: Train for a 5K, 10K, Half, Full or more - New Year, New You

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You're receiving this email because of your relationship with Fleet Feet Sports. Please [confirm](#) your continued interest in receiving email from us.

You may [unsubscribe](#) if you no longer wish to receive our emails.

FLEET FEET Sports

TRAINING PROGRAMS

1/2 or FULL TRAINING PROGRAM
Start the new year off right. Join the thousands of runners Fleet Feet Sports has trained towards a half or full marathon.

LEARN TO RUN PROGRAM
A beginning 5K or 10K running program designed to guide you safely and effectively into becoming a runner while learning valuable information on healthy living.

Visit our website to learn more about our programs at www.fleetfeetrochester.com

New Year! New You! Train with Us

Learn to Run 5K & 10K Training for Beginners &
Half/Full Marathon Training Program &
WalkFIT Walking Program

Join Us

Happy New Year!

Do something for **you** this year and take care of you! Feel free to pass this on



OR



OR



OR

WALKFIT Walking PROGRAM



Your road or trail to a new YOU in this New Year

Training from 2 Locations



Brighton Locale
2210 Monroe Avenue
Rochester, NY 14618
(near 12 Corners)

Ridgeway Locale
2522 Ridgeway Avenue
Rochester, NY 14626
(corner of Long Pond & Ridgeway)

We have something for everyone!!

- **Want to learn how to Run?** Not sure how. Whether you don't know how to run or can run 2-3 miles and want to go farther, [Fleet Feet's No Boundaries: Learn to Run Program](#) is for you.
- **Want to run a Spring Half or Full Marathon?** Not sure how. Whether you've done a 1/2 or full or can run at least 15-20 miles/week and want to up your game - [Fleet Feet's Half/Full Marathon Training Program](#) is for you. New this year is our advanced program for those wanted to qualify for the Boston Marathon - Boston Qualify Training.
- **Want to run the Sehghunda Trail Marathon?** Now sure how. Are you looking for a group to do those long trail runs with? Are you up for an amazing challenge with Coach Boots? This latest Lab Rat Project is perfect for those wanting to train for the [Sehghunda Trail Marathon](#) on May 25th, 2013 at Letchworth State Park, then this is for you.
- **Do you just want to Walk and stay fit and active?** Try our new [WalkFIT program](#), tied into our [No Boundaries: Learn to Run Program](#). Perfect for someone who has no desire to run, just wants to walk and get fitter doing so.

If you know someone who might be interested in these programs - feel free to pass this along to them.

Regards,

Your future coaches and cheering section at Fleet Feet Sports



Half/Full Marathon Training Program

This Half/Full Marathon Training Program is for anyone

who is currently a runner who has already completed a half **or** full marathon or is currently at the 5K/10K level and wants to jump up to the next level by completing a half or full marathon. Fleet Feet Sports is the official training program for the [Unity Health System Rochester Flower City Half Marathon](#) to be held on April 28th, 2013 in Rochester, NY.

A current running base as low as 10-15 miles per week is recommended for this 1/2 program and 20-25 miles for the full marathon program.

Plus a new edition for those who want to Qualify for the Boston Marathon - our new [Boston Qualify Program](#)

**TRAINING PROGRAM STARTS JANUARY 24th, 2013
and trains towards**

Unity Health System Rochester Flower City Half Marathon

(April 28th) - registration OPEN!

The **Half /Full Marathon Training Program** includes:

- Detailed Weekly/Daily training workouts program
- Online Training Tool to record your training and to allow feedback from coaches
- Unlimited Email Access to Coach
- Weekly Training Tips & Support
- A fun social atmosphere to get you to the start line healthy and prepared for race day
- Online Training Group Support via Facebook - this has proven to be motivating and helpful in maintaining your program
- Weekly Pace Led Long Runs
- Weekly Coached Tempo Workouts/Clinics on Thursdays at 6PM
 - Locations vary each week (headlamps required if dark out)
 - Clinics Include: Nutrition, Injury Prevention, On-site injury assessments and prevention assistance at a variety of scheduled training runs and more....

To learn more join us these **FREE Info Session at Fleet Feet Sports:**

- **Thursday, January 3rd 6PM Fleet Feet Sports Brighton** 2210 Monroe Avenue, Brighton
- **Monday, January 7th 7PM Fleet Feet Sports Ridgeway** 2522 Ridgeway Avenue, Greece
- **Wednesday, January 23rd 7PM Fleet Feet Sports Brighton** 2210 Monroe Avenue, Brighton

RSVP to training@fleetfeetrochester.com

You can also visit or register at the [Half/Full Marathon Training Website](http://www.fleetfeetrochester.com/training/distance-training) - <http://www.fleetfeetrochester.com/training/distance-training>. You can also [register for the program online here](#).



NO BOUNDARIES™

No Boundaries: Learn to Run Program

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for beginners and non runners

This is a beginning 5K or 10K running program designed to guide you safely and

effectively into becoming a runner while learning valuable information on healthy living.

This **coached running program** offers organized weekly runs, a specific training schedule aimed at a goal event, weekly communication and motivation, special clinics, a special product package, and more!

The [No Boundaries Learn to Run Program](#) is for anyone has a desire to improve their lifestyle by wanting to include fitness into it. This program is offered out of both Fleet Feet Sports locations in Rochester (Brighton & Greece).

FOUR Program Offerings:

5K -

Perfect for people who don't run and want to, but have a hard time starting or are unsure what to do. This program starts out walking and slowly builds running in each week, preparing individuals for a 5K (3.1 mile) race.

NoBo 2.0

- Recently ran your first 5K and want to improve but aren't yet ready for longer distances? This program will work to improve speed and performance at the 5K level.

10K -

Perfect for individuals who can run between 2 and 3 miles but have a hard time going further. This program will train you towards a 10K (6.2 miles).

WalkFIT - This program is perfect for people who don't run but want to stay fit by walking. The program slowly and gently builds the length of time that you are able to walk both alone and in a group. WalkFIT is strictly walking and perfect for the beginner exerciser to the advanced walker who can walk 3 miles.

Included will be a 12 week program to get you started where at the end it will prepare you for a 5k or 10k. The graduation race is the [Wegmans Family 5K](#) as part of the [Unity Health System Rochester Flower City Challenge](#) on April 28th. The program will also include, but not be limited to, a

stretching sessions to educate on proper stretching techniques, along with a nutrition workshop to educate on healthy eating. The program is not limited to these activities and will be a great start to an improved way of life.

No Boundaries Program is sponsored by New Balance, providing gear and goodies along the way to your new running lifestyle.

The Program Begins February 9th

If interested you can attend the following FREE Info Sessions at Fleet Feet:

- **Wednesday, January 23rd 6PM Fleet Feet Sports Brighton** 2210 Monroe Ave. Brighton
- **Monday, January 28th 7PM Fleet Feet Sports Ridgeway** 2522 Ridgeway Ave. Greece
- **Monday, February 4th 6PM Fleet Feet Sports Brighton** 2210 Monroe Ave, Brighton

If you are unable to attend one of the sessions, no worries, you can get information or register at the [No Boundaries Website](#) or feel free to stop in or contact us below.

You can [register for the program online here](#) or online click here: <https://www.signmeup.com/site/online-event-registration/88134>

Feel free to forward to your friends, peers, co-workers, family or anyone you think might be interested in a healthier lifestyle.

The WalkFIT Walking Program

Only Walkers Allowed!

What is WalkFIT?

This program is perfect for people who don't run but want to stay fit by walking. The program slowly and gently builds the length of time that you are able to walk both alone and in a group. WalkFIT is strictly walking and perfect for the beginner exerciser to the advanced walker who can walk 3 miles.

New this year this program is part of the No Boundaries: Learn to Run Program

Built on a similar platform as the 5K program of No Bo, walkers will receive coaching, group workouts, daily/weekly workouts, clinics and an extremely supportive environment with camaraderie and motivation.

To learn more come to one of these FREE Info Sessions:

- Wednesday, January 23rd 6PM Fleet Feet Sports 2210 Monroe Ave. Brighton
- Monday, January 28th 7PM Fleet Feet Sports 2522 Ridgeway Ave. Greece
- Monday, February 4th 6PM Fleet Feet Sports 2210 Monroe Ave, Brighton

If you are unable to make one of the sessions you can learn more at:
<http://www.fleetfeetrochester.com/training/walking-program>

You can also register online here: <https://www.signmeup.com/site/online-event-registration/88134>

Sehghunda Trail Marathon Training

A Project Lab Rat Experiment



This program will prepare runner's for the [Sehghunda Trail Marathon](#) on May 25th, 2013 at Letchworth State Park. Sehghunda is the real deal and may be just on of the hardest trail marathons in the East. It's 26.3 miles with over 3000 feet of climbing and over 100 gullies that need to be traversed. All that and an 8 hour cut off. This program will help runners prepare for the event, while providing educational and emotional support along the way.

The program begins in February.

To learn more or register visit the [Sehghunda Training Website](#).

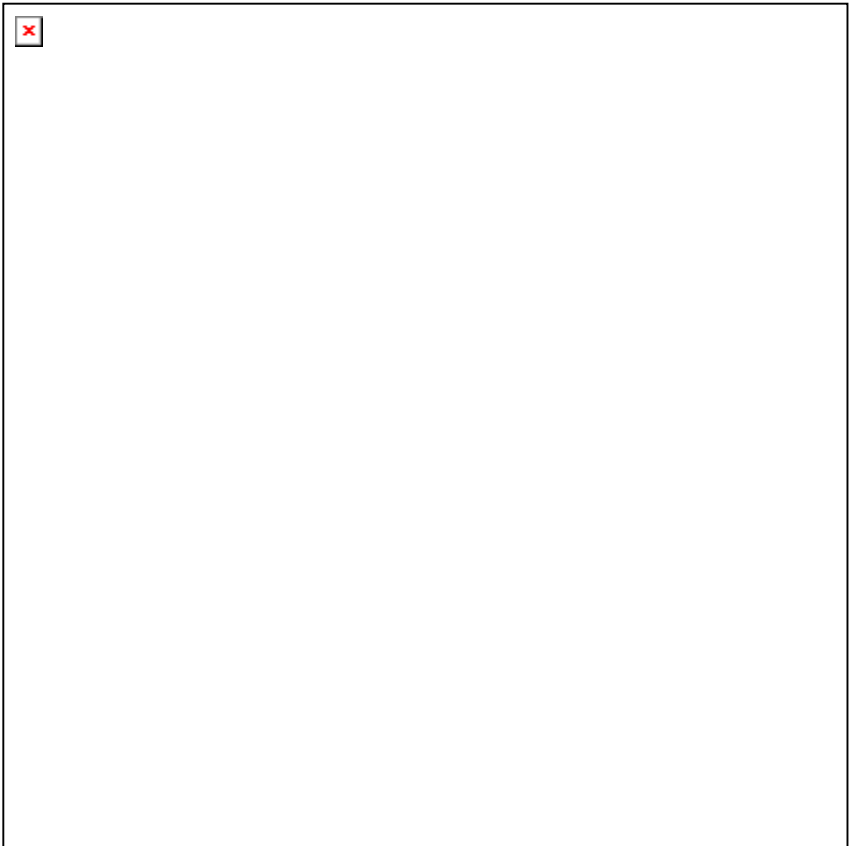
To learn more about the Sehghunda Trail Marathon & Relay visit - www.sehghundatrailmarathon.com

Join Us

You won't regret it. Come get fit with us.

[Website](#)

Fleet Feet Sports
(2 Locations -
Brighton &
Ridgeway)
2210 Monroe
Avenue OR 2522
Ridgeway Avenue
Rochester, New
York
www.fleetfeetrochester.com
(585) 697-3338
OR (585) 270-
4334
training@fleetfeetrochester.com



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