

GILDA'S GANG

WALK OR RUN MARATHON TRAINING PROGRAM



For All Fitness Levels!

www.GildasClubRochester.org

“The same way people in gangs can do things that the individual could never do alone, the gang of us fighting cancer makes us all stronger.”

—GILDA RADNER

Training begins May 30, 2009 for the Rochester Marathon, Half-marathon, or 4-person relay that will take place on September 13, 2009

Gilda's Club Rochester is organizing this special opportunity with coaching provided by professionals: you'll participate in a 16-week training program planned and implemented by the fitness specialists from Fleet Feet and Gilda's Club. Training includes a weekly training schedule, training professionals, weekly group walk/runs and an opportunity to grow in mind, body and spirit.

To join the Gang, we ask that you commit to raising a minimum of \$500. All money raised supports Gilda's Club Rochester, a non profit cancer support community helping men, women, and children living with cancer.



**Visit www.GildasClubRochester.org
or call 585-423-9700 today!**