

# Learn to Run

**This 8 week class will prepare you to run a 5 km relay leg in the Echo 20 K on May 23. Beginners and experienced runners are welcome. Anyone who wants to learn more about running can benefit from this class.**

**Sessions run Tuesdays at 6:30  
beginning March 30**

**Meet at the Valley Fitness Cooperative  
in Fort Qu'Appelle**

**Cost 70.00 for 8 week session  
(reduced fee of 50.00 for Valley Fitness Members)**

**See [www.beginningsfitness.ca](http://www.beginningsfitness.ca) for full class outline**

**Call 332-5837 to Register**

## Clinic Leaders

**Pat Lee is an Exercise Physiologist and a Certified Exercise Leader with 30 years of running experience.**

**Rick Minett has completed Ironman Canada 2009, the Canadian Death Race, 22 marathons and 5 ultra marathons. He is a former coach of the Team Diabetes Marathon Teams.**