

DO YOU WANT TO...

LEARN TO RUN?

**COMPLETE A MARATHON?
OR A HALF MARATHON?**

HOW ABOUT A TRIATHLON?



Live Well • Feel Good

**Come to Hartford Marathon's FREE Open House
Learn about our running and triathlon training programs**

APRIL 9, 2008 (NEW DATE)

**Running & Triathlon
Training Starts Soon!**

6 p.m. - 8 p.m.

Riverfront Community Center

300 Welles Street, Glastonbury

No reservations necessary. Free of charge. Open to all abilities and ages.

Learn about programs for beginner runners and triathletes,
kids running, marathon and half marathon training and more!

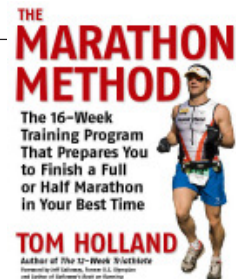
Demos on proper bike fittings; the right running shoe;
yoga for runners; strength training; swim coaching
and much more!

Special Guest Speaker: **Tom Holland**

Tom Holland, a nationally-known exercise physiologist, has coached thousands of people to reach their fitness goals; from losing weight to climbing mountains, running marathons and completing Ironman triathlons. Tom is a regular contributor to *NBC*, *Good Morning America*, *Runner's World*, *Cooking Light*, *Men's Health*, *Self*, *Fitness* and *Men's Journal*. At the Open House, Tom will provide advice based on his experience training beginners to Olympic level athletes.



**Come early and join Tom
and our coaches for a 3-mile
fun run at 5:30 pm**



For more information, call 860-652-8866 or visit www.hartfordmarathon.com