



We'll help you get over it!

Ten Weeks of Education and Training includes

- Customized training schedule
- Entry to the 41st Annual Cooper River Bridge Run
 - Custom participant tech shirt by Mizuno
 - Experienced and educated coaches
 - Group workouts twice a week
- Clinics on nutrition, hydration and injury prevention
- Education on proper form, pacing, stretching and more

MOUNT PLEASANT
Location

Information Meeting: Tuesday,
January 23 at 6:00pm at
Fleet Feet Mount Pleasant
Program starts: Tuesday, January 30
Workouts: Every Tuesday at 6:30pm and
Saturday at 8:00am

SUMMERVILLE
Location

Information Meeting: Wednesday,
January 24 at 6:00pm at
Fleet Feet Summerville
Program starts: Wednesday, January 31
Workouts: Every Wednesday at 6:30pm
and Saturday at 8:00am

\$115 registration fee includes race entry

Sponsored By



**Official
Training
Program**



**COOPER RIVER
BRIDGE RUN**

Register at FleetFeetSportsMountPleasant.com