



No Boundaries Spring Training 2012



No Boundaries is sponsored by New Balance and put into action by our energetic and qualified staff at Fleet Feet Sports in Louisville.



Take the First Step!

10 Week - 5K Training Program

March 6 - May 12

Fleet Feet Sports is gearing up for another season of No Boundaries!

Join us and invite your friends and family as No Boundaries takes participants through a **10-Week Training Program** designed to teach each person how to start (and stick with!) a successful running program. **No experience is necessary!**

If you're thinking: "I've never run before! I'm not sure I can walk or run a 5K! Is this program for me?" - then we want you!

We'll celebrate the conclusion of the program by participating in the local Thru the Zoo 5K!

Contact Us

Monday - Friday 10AM - 7PM

Saturday 10AM - 6PM

Sunday 12PM - 5PM

502-479-8786

kasey@fleetfeetlouisville.com

2239 Taylorsville RD



Dates, Details, & Registration

Informational Kick Off Meetings:

February 7th & 23rd, 7PM
at Fleet Feet Sports
2239 Taylorsville Rd, Louisville

More Dates

Program Begins: Tuesday, March 6th at Fleet Feet Sports
Louisville

Program Finale: May 12th with the Throo the Zoo 5k!

Details & Location

- We'll meet Tuesdays & Thursdays at 6:30 PM for group workouts
- Each group workout will start at Fleet Feet Sports Louisville
- Qualified coaches provide a training schedule for all levels
- You'll enjoy camaraderie from others starting fresh with you
- We'll provide instructions on Good Form Running
- You'll receive Trigger Point (muscle massage) instruction
- You'll gain accountability from other beginners and your coaches
- Each week you'll receive support emails and handouts
- Everyone will get a New Balance Tech Jacket & Shirt ordered to size

Registrations Fees

- **Registration Fee for No Boundaries Program:** \$75

- **Registration Fee for Throo the Zoo 5K:** TBD*

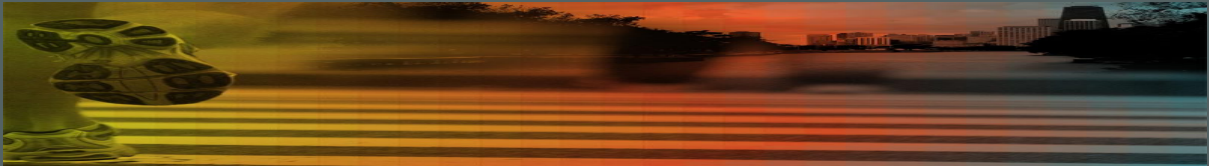
*(Registration for Throo the Zoo has not yet opened.

Last year's registration fee was \$25-\$35 depending on early and late registration deadlines).



What You'll Need

You'll need: a good pair of running shoes, a water bottle, and clothes that are comfortable for running. Fleet Feet carries the best of the best for all these items so stop by and visit us if you need any help before the program kicks off!



Fleet Feet Sports | 2239 Taylorsville Rd | Louisville, Kentucky 40205 |