



Introduction Run Schedule | Week 1 & 2

California International Marathon | December 5, 2010 |

	SUN	MON	TUES	WED	THUR	FRI	SAT
WK 1 Aug 1-Aug 7	rest	3 m run	3 m run	OFF	3 m run	rest	6
WK 2 Aug 8-Aug 14	rest	3 m run	4 m run	OFF	3 m run	rest	7

Locations and Times

Weeks 1 & 2 offer centralized locations for all looking to run with Be Changes Coaches and Trainers. Join Jason Harper, Ray Sanchez, Michelle Purcell, Ashley Loucks, and others for the priceless start. Each session ends with a specific information training tip needed for the next running.* Join us at: TEEN CHALLENGE THRIFT STORE 10025 Folsom Blvd, Sacramento, CA 95827-1440 (Suite A).

WEEKS 1 & 2 starting time in 5:30 AM Visit <http://tinyurl.com/runlocation> for a map!

Run EXPO | AUGUST 14

The above schedule represents the first 2-weeks of run/jog/walk training for those preparing to participate in the California International Marathon on December 5th.

The total training is broken up into 2-parts. Weeks 1 & 2 are a base building time where we work with runners on basics that include: Stride, Breathing, Pace, Cadence, Hydration, Fuel, and other tools needed to complete the ENTIRE training*. The 2-week introduction concludes on August 14. Weeks 3-18 of training will be accessible that day at the Run for a Reason | RUN EXPO held at California Family Fitness, Laguna. The RUN EXPO is a gathering of vendors and speakers who offer free advice on all aspects of running. At the EXPO, Be Changers, as well as other runners in the community, gather to see the latest and greatest in 'all things running.'

Run for a Reason will host top running experts who are scheduled to speak on the topics we designed to give you the best and most accurate information needed to succeed. Vendors include everything from the right shoes to knowing the right GU's. Adventure Company's, athletic stores, running stores, clothes, gear, nutritional supplements, and so much more will be on display.



Run EXPO | Speakers

'The Badwater World Cup Finisher'

Jason Harper, Be Change Founder
Interviewing Ultrarunner & Badwater World Cup Finisher, Ray Sanchez

'Greatness: A Cause in the Mind'

Kevin Bracy, MonStars of Motivation, Author of *Greatness Leaves Clues* and Cal Fit's Spin Class Guru

'Successful Steps to Assuring a Great Finish to a Significant Run'

Jimmy Dean Freeman, LA Running Coach, So Cal Coyotes Running Club Founder

'Identifying, Treating & Preventing Injuries that Could Put You On a Bicycle.'

Dr. Gordon Ainsleigh, D.C. The Father of Ultra-Distance Trail Running

'The Essential Balance of Fuel and Hydrating for Any Run'

Steve Born, Chief Nutritionist, Hammer Nutrition