



# Half-Marathon/ Marathon Training 2009-10

**ORIENTATION - REGISTRATION - CELEBRATION!**

**MONDAY NOVEMBER 2, 2009 5:30-8:00PM**

**Reed Opera House - Trinity Ballroom**  
**189 Liberty St. NE, Salem, OR 97301**

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**5:30-6:30pm Cocktail Hour, Appetizers, No-Host Bar**

**6:30-7:00pm Training Program Orientation**

**7:00-8:00pm Registration - Q&A and Social**

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**RSVP by Wednesday, 10/28**  
**503-364-4198 or [Train@ActiveSalem.com](mailto:Train@ActiveSalem.com)**

**UNABLE TO ATTEND?**

**Sign up at Gallagher's beginning Tuesday 10/13**

**Fall/Winter Training schedules begin 11/1/09**

**First Group Run Saturday, November 7<sup>th</sup> 6:45AM**

**[Gallagher Fitness Resources](#) 135 Commercial St NE - Downtown Salem**

**Info: [ACTIVESALEM.COM](http://ACTIVESALEM.COM)**