

How to GET FAST Without Getting HURT! - JULY 30th

- **TEAM GFR RUNNERS ED SESSION #2: How to GET FAST Without Getting HURT!**
- Thursday, July 30, 6:15-7:45pm at GFR
- Location: GFR – 135 Commercial St NE
- **FREE for Team GFR Half Marathon/Marathon Program Members; \$25 for all others**
- Limited to the first 25
- Class taught by John & Susan. Great TIPS! Secret Weapons! Get faster by running and training smarter.

Questions? 503-364-4198 or [email Susan@ActiveSalem.com](mailto:Susan@ActiveSalem.com)