



2011 Women Run/Walk Memphis (WRWM) Program

Memphis Runners Track Club is proud to support women and running by hosting the RRCA Beginning Runner's Program Winner, the **2011 Women Run/Walk Memphis 10-week training program**. The program is for Walkers, Beginning, Intermediate and Advanced Runners. At the end of the program each trainee participates in a 'Graduation' 5K.

Please Note: registration is limited to the first 1,200 ladies and will close when that limit is reached. Registration will close August 8, 2011 UNLESS the registration limit is reached prior to that date.

Training Clinics

Pacing-oriented training clinics **begin Monday July 18th** and meet every Monday evening at 6:30pm (try to arrive early for announcements or speakers) from July 18th through September 12th (NO training on Labor Day, Sept. 5th). Locations are outlined on the "Training Locations" page. You may **sign up any time prior to August 8th** by simply attending a training session and checking in with the coaches at that location.

The '**Graduation**' 5K will be held Saturday, September 17th, 8am at Oak Court Mall. This race is open only to women who have registered for - and completed - the training program.

ALL REGISTRATION ENDS AUGUST 8, 2011

NO registrations will be accepted after this date in order to allow all participants time to train properly
Please be sure to advise your friends and fellow runners.

PLEASE be sure to check all the links on the website (www.womenrunwalkmemphis.racesonline.com) for more information and answers to any questions you may have.

Please also note that event communication will be via email AND posted on the website. IF you include an email address on your registration and do not receive updates PLEASE CONTACT US. Some business firewalls and/or spam filters will block our emails. MRTC and WRWM are not responsible for failure to receive our updates.

**Special 'THANKS' to Wilson Stooksberry - Body and Soul Fitcamp for sponsorship and time coaching this year's program, and to Hope Church for supplying the Walker's venue.
We look forward to seeing you at this year's WRWM event!**