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NO BOUNDARIES FALL 2010 REGISTRATION NOW OPEN [CLICK HERE TO REGISTER](#)

If you've been thinking about running, now's the time to get off the couch, lace up those shoes, and get serious. Fleet Feet Sports and New Balance are ready to help you run or run/walk your first 5K (3.1 miles). The 12-week training program can get everyone (whether you've never run before or haven't run in a while) ready to run a 5K in record time. We'll be signing up to run the Jingle Bell 5K in Cherry Hill on Dec. 11.

The No Boundaries program provides step-by-step instruction, interaction, and encouragement. Our team of professional coaches will keep you motivated and offer plenty of guidance and advice along the way. The coaches will work with you on a one-to-one basis to answer questions, offer suggestions, and join in the workouts. The two group runs scheduled each week (Thursday evenings and Saturday mornings) will ramp up your mileage at a comfortable pace in easy-to-do sessions. Better yet, you'll be able to run with other runners who share the same goals and run at the same pace.

In addition to the group runs, we'll have guest lecturers who will discuss the latest information on nutrition, proper-fitting shoes, and apparel for any weather, as well as tips on stretching and preventing injuries. Our designated running routes are safe, scenic, and measured for accurate distance.

The coaches will also send you weekly emails to stay in contact between the group runs with news, updates, and information about running-related topics. You will also receive selected New Balance technical apparel to add to your running wardrobe. The Fee for the Program is \$85.00 (does not include race registration fee) Informational Meetings will be held on August 31st and September 9th, both at 6:00 p.m. at Fleet Feet Sports. First Group workout is Saturday, September 18th at 7:30 a.m.

What Are You Waiting For? **REGISTER TODAY!!!**

Kick Start Your Running Lecture Series Having trouble getting your running off on the right foot? Not sure what to eat while training for your next big race? Need some motivation to get off the couch and run your first 5k? Check out Fleet Feet's Kick Start Your Running Series! Fleet Feet Sports presents an exciting, informative lecture series discussing the different aspects of running, the Kick Start Your Running Series. Every other Tuesday starting September 21st, a new presenter will discuss a different topic important to runners at every level. Topics include nutrition, proper training and motivation. Each person that attends receives a free gift bag with coupons, promotional information and special gifts as well as a chance to win some great raffle prizes. Schedule of Events Each event starts at 7:00 pm

September 21st - Essentials for Running and the Proper Fit - To start the series off on the right foot, the staff at Fleet Feet Marlton will discuss the "nuts and bolts" of a running shoes and getting fit for the right pair. Other topics will include bra fitting, the proper apparel and socks.

October 5th - Training and Running Technique - Whether you are a beginner or advanced runner, time and time again you have asked yourself, "What is proper running technique and how do I go about training for a race?!" Coach Jason Kilderry, owner of ETA Coach, will discuss running technique and training. Coach Jason's background in Exercise Physiology and evidence-based coaching will provide you with the answers that are sound and backed by science.

October 19th - Nutrition - Nutrition can be a pretty scary topic! Every running magazine, webpage, or book always has at least one section devoted to nutrition. Most of the time, these resources are conflicting or constantly changing! Coach Jason Kilderry, owner of ETA Coach, as he discusses the optimal nutrition for all endurance athletes, beginner to advanced and will highlight the aspects of nutrition that are critical to any endurance athlete's health and performance.

November 2nd - Injury Prevention and Stretching Techniques - Mandy Huggard, head Physical Therapist and Owner at The Training Room, will discuss different techniques to prevent common injuries as well as proper every day stretching techniques.

November 16th - Running Motivation - On our final night of the series, Kevin Hensel of Fit-4-Life Personal Training will discuss different ways to stay motivated throughout the training process as well as what to expect on race day. He will also talk about how to stay motivated when you're not training for a particular event. Space is limited to 50 people per event, so sign up TODAY! Contact Mike Bress at mbress84@yahoo.com to reserve your spot.

WELCOME TO FLEET FEET SPORTS MARLTON At Fleet Feet Sports, you will find a welcoming environment where runners, walkers and fitness enthusiasts of all abilities receive unparalleled service and support. Fleet Feet Sports's Fitosophy™ is to help you find the right "FIT" in every facet of your active lifestyle, allowing you to exercise comfortably and injury free.

Our knowledgeable team at Fleet Feet Sports will take the time to get to know you and your specific needs in order to

guide you to the products that are the right FIT for you, whether it is footwear, athletic clothing, sports bras, or fitness accessories.