

Lemme Run 365

2018

January – December 2018

Each participant will be enrolled in every Lemme Run Training Program offered in 2018. In between program weeks, all 44 of them, we will be offering gap training and prescribing your workouts while fine tuning your training specifically to your needs. We will provide you with a log book and your own BRC Lemme Run 365 Tribe shirt and all the counseling, guidance and support you need to achieve your individual goals for 2018.

- Lemme Run 365 Launch Party Saturday, January 6th at 8:30 AM
- Lemme Run
Jan.24 - March 11. 6 weeks Wednesday nights at 5:30PM and Sunday AM's at 8AM
- Lemme Run 10 weeks Sunday 7 AM
March 11-May 18th
- Lemme Run Steel Rail Half Marathon & 8K
March 11- May 18th 10 weeks Sunday at 8AM
- Lemme Run 5K Training
April 4 - May 13. 6 weeks Wednesday at 5:30PM and Sunday at 7 AM
- Tuesday Night Track Club
May 29-July 3rd 6 weeks speed workouts 5:30PM Tuesday's
- Lemme Run 4th of July:
May 30- July 4 6 weeks Wednesday at 5:30PM and Sunday's at 8 AM
- Summer Race Series
July 11-Aug 29 8 weeks Wednesday at 6PM 3.5 M Road/Trail runs
- Lemme Run Ramblefest 15K or 8K
Aug 28- Oct. 6 6 weeks Tuesdays at 5:30PM and Saturdays at 8 AM
- Lemme Run Thankful 5K
Oct 13 - Nov 20 Tuesday at 5:30PM and Saturdays at 8 AM

**times, dates and locations subject to change

Name #1 _____ Shirt Size M / F
S M L XL Name #2 _____ Shirt
Size M / F S M L XL

Email
#1 _____
_____ Email
#2 _____

Payment \$299 For Both CASH CHECK CREDIT