

Suzy Favor Hamilton

RUNNING CLUB




Suzy and friends



Post race afterglow

“This club is about so much more than running!” –Suzy

What: Suzy Favor Hamilton Running Club for Women.

Who: Women of all ages and skill levels. This is a club for runners, walkers and enthusiasts who want to develop a healthy lifestyle and feel GREAT!

When: Every Thursday starting at 5:30 pm.
Additional walks and runs to be announced.

Where: Movin' Shoes at 528 S. Park Street in Madison.
Additional walks and runs at other locations to be announced.

Why and What You Get:

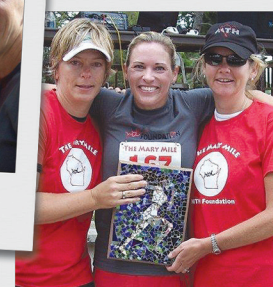
- Run with a 3-time Olympian – Suzy Favor Hamilton!
- Suzy will help you find your passion in life
- Develop a healthy lifestyle
- Make new friends and business contacts
- Achieve personal goals
- Help the community in charity running events
- Learn new running techniques



We did it!



Girl power!



Time to celebrate



Prepping for a race

- Learn about Suzy's favorite healthy snacks and meals
- Personalized one-on-one and group training programs available
- Access to Suzy's personal massage therapist
- Women's Nike short sleeve running tech shirt for \$20!
- 25% Discount at Movin' Shoes (and many more perks to come)
- Special events (i.e. races, clothes swaps, coffee get-togethers, art and movie nights, guest lectures. You name it, we're gonna do it!)

How: Sign up at www.SuzyFavorHamilton.com. Only a \$35 annual fee.

Questions: Contact Shalon at Movin' Shoes
e-mail – shalon@movinshoesmadison.com • phone – 608.251.1028
or e-mail Suzy – info@suzyfavorhamilton.com



Some fancy footwork

