

rUNNERS  
KNOWLEDGE  
TEAMWORK  
ACCOUNTABILITY  
HEALTHY  
WALKERS  
GOALS  
MOTIVATION  
FRIENDSHIP  
aDVICE  
FUN  
TRAINING PROGRAMS

gET rEADY, gET sET,

**FLEET FEET**  
*Sports*  
FAIR OAKS  
& ROSEVILLE

**gO!**  
rUNNING gROUP

Do you want to get in shape but find yourself too busy to fit in a little fitness and so you keep putting it off? Do you not have the confidence or knowledge to start a fitness program? Is it hard for you to stay consistent with any kind of running plan? If so, then the gO! Running Group is right for you! Fleet Feet's gO! Running Group is for runners of ALL abilities that enjoy a group fitness environment and need and/or want a little coaching. We will motivate you, challenge you, and support you along your path to better health.

Semi-Private Coaching ~ Weekly Group Runs

Personalized Training Plans ~ Join Anytime

Seasonal Memberships ~ Constant Email Contact

Contact Coach Josh Errecart For Information

(916) 316-4403 ~ [josherrecart@yahoo.com](mailto:josherrecart@yahoo.com)

[www.fleetfeet-fairoaks.com](http://www.fleetfeet-fairoaks.com)

Sign Up This Season!

Summer ~ Jun. 1 – Aug. 31

Fall ~ Sep. 1 – Nov. 30

Winter ~ Dec. 1 – Feb. 28

Spring ~ Mar. 1 – May 31

\$50 per season

Custom tech-fabric team shirt  
with registration.