

# Fitness in Action...

## Everyone can be a part of Team HZF!!

Do you want to start running or walking with Team HZF but don't know how to get involved? Have you been contemplating training for a 5K run or walk, a 10K run, or something more?

Well, the time is right for you to check out our new Run/Walk Event Board in the main entry area across from the front desk. We have created a place for you to find out about local upcoming races that you can do either on your own or with Team HZF.

**Team HZF will be participating in one run/walk each month.** Run/walk information for these team events will be posted on the board, including how to register, deadlines, registration fees, and who the race benefits. Run/walks are a great way to focus your training and keep working toward you goals.

Whether they are completing your very first 5K or 10K run or team walk, we are looking forward to expanding our group and getting more of you involved.

**Information on non-team race events will also be posted monthly.** If you have other races that may interest our clients and we do not have posted, please feel free to bring it in and we will post it for you.

If you have questions about races, walks, Team HZF, or training for a race, please see Gretta. Or email her at [gretta@harmonyzonefitness.com](mailto:gretta@harmonyzonefitness.com).

### 2010 Team Run/Walk Calendar

Feb 20th

Frosty 5K Run/Walk

March 14th

Shamrock Shuffle 5K or 10K run, 2 Mile Walk

April 10th

American Cancer Society 5K - 10K Run

May 15th

Better Life 5K Run/Walk

June 5th

Race for the Cure 5K Run/Walk

June 12th

Jody Lou Lung Cancer 5K Run/Walk

July 16th & 17th

Relay for Life Fitchburg/Verona



### New and experienced runners...

Join us Saturday mornings at 8am for a group run with our running coach Gretta Clapp. Indoor or outdoor weather depending. \$5.00 drop in fee for this fun educational group run!

## Be a part of Team HZF for the 2010 Shamrock Shuffle on Sunday, March 14th

Start Overture Center, Madison ■ 10:00am Start Time

**2 Mile Family Walk, 5K or 10K Run!!**

Don your best green attire...the crazier the better and be a part of Team HZF to benefit The Boys and Girls Club of Dane County

**Registration Deadline is 3/11/10!!**

Register on line at [www.shamrock-shuffle.org](http://www.shamrock-shuffle.org)

then let us know you're on the team so we can pick up your race packet for you.

