

# FLEET FEET

## Sports®

### 3 Ways to Train for the Wine Country Marathon/Half Marathon!



**RACE DATE: 10-10-10**

Train with Fleet Feet Sports for the spectacular Wine Country Marathon. Fleet Feet Sports and ASICS sponsor this event and are proud to bring the largest training group to the starting line. Participate in this 16-week group and you will be well-prepared for 26.2 miles of the Wine Country Marathon or any marathon you plan to run in October!

**Attend an informational meeting at Fleet Feet Sports either June 5 or June 12 at 9AM to learn more information and to register. RSVP at [www.fleetfeetsantarosa.com](http://www.fleetfeetsantarosa.com)**



### Run-Walk-Run Wine Country Half Marathon!

**Jeff Galloway Training Program  
starts June 6, 8AM**

Join us for an Info Session:  
**7PM Thursday, May 20**  
**9AM Saturday, May 29**  
Fleet Feet Sports

For more information contact:  
Coach Debbie Carvalho  
[Debc68@gmail.com](mailto:Debc68@gmail.com)



presented by:  


### Be a part of the SoleMates Wine Country Team!

- ✓ register to run the Wine Country Half Marathon on 10-10-10 (training kicks off 7-10-2010)
- ✓ register as a SoleMate (\$26)
- ✓ raise a minimum of \$262

For more information and to register visit:  
[www.gotrsonomacounty.org/solemates](http://www.gotrsonomacounty.org/solemates)

