

Run for Fun!

....Or Walk



This program is for you if:

- You want to learn how to run
- You want to get active walking
- You want to learn about running injury free.
- Fun with fitness is a goal
- Group motivation will help you reach your goals
- You love an adventure

9 Week Running Program

Starts April 18th

Wednesdays, 6:30 - 7:30pm

Location: Different Every Week

Cost \$29

Register at A&L

Coach: Darrin Kullman

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Meet the Coach

Darrin Kullman started running through school doing track & field excelling at 100 and 200 m run and long and triple jump.

It wasn't until later in life when Darrin picked up running again. He has completed 2 half marathons (one being a trail race, the other a hypothermia half) and completed the Queen City full marathon. His real passion is running on the trails and is currently training for his first ultra 50K trail race. The goal this year is to complete 2—50k races and another full marathon later in the year.

Darrin has his Level 1 Coaching and wants you to have fun running!



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This is a 9 week program

Begins April 18th

6:30 - 7:30 pm

Locations around Brandon

Cost: \$29 per person

Be sure to dress in layers appropriate for the weather and bring hydration.



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