

**GUARDIAN GALS
RUNNING GROUP:**

- Dana Hall is organizing TRAINING GROUPS to prepare Exercise Enthusiasts, Runners, Want-To-Be Runners, or Those-Up-For-New-Challenge folks for our Making Change Event (Gaylord Half Marathon).
- Dana is committed to organizing a FUN weekly training group to embark on getting fit, preparing for Half Marathon, 10k, 5k, 1 Mile "Making Change Challenge" together, & meeting new outdoor enthusiasts in our Alpine Village.
- Dana has 2 programs; Beginners & Intermediate with goal of having 2 groups of runners with different paces.
- In year's past, runners have scheduled each Monday with long run & comrades have encouraged each other to schedule in personal runs the rest of the week (Per Beginning & Intermediate Hal Higdon Training Schedules).

-Dana encourages NEW & ESTABLISHED runners to join this group & looks forward to enjoying the summer rain or shine, having fun, laughing & sweating with other health enthusiasts!

Training Start Date: Monday Following Memorial Day & Leading Up To Making Change Event

Training Location: Aspen Park

Training Time: 6am & 5pm

Contact Information: Dana Hall

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Facebook: *Aspen Running And Walking Group*