



MISSOULA MARATHON

Missoula Marathon 2010
Good Food Store Seminar
Walking the Full or Half Marathon
Website

Walking Seminar for the Missoula Marathon and Half Marathon

You are an athlete and can participate in the Missoula Marathon! The Missoula Marathon course is open long enough that you can walk the Full or half Missoula Marathon on Sunday, July 11. Come to the *free* seminar:

- The Good Food Store
- 7 pm Monday
- March 8th

Listen to experienced marathon and half marathon walkers tell their personal stories of why and how they do these events. Get practical advice on shoes, gear, nutrition, motivation, and other training tips. Ask all the questions you want; you'll get answers. It's free so you have nothing to lose and everything to gain. Candace Crosby and Rolf Tandberg, co-directors of the Run Wild Missoula Walking Training Class, are your presenters.