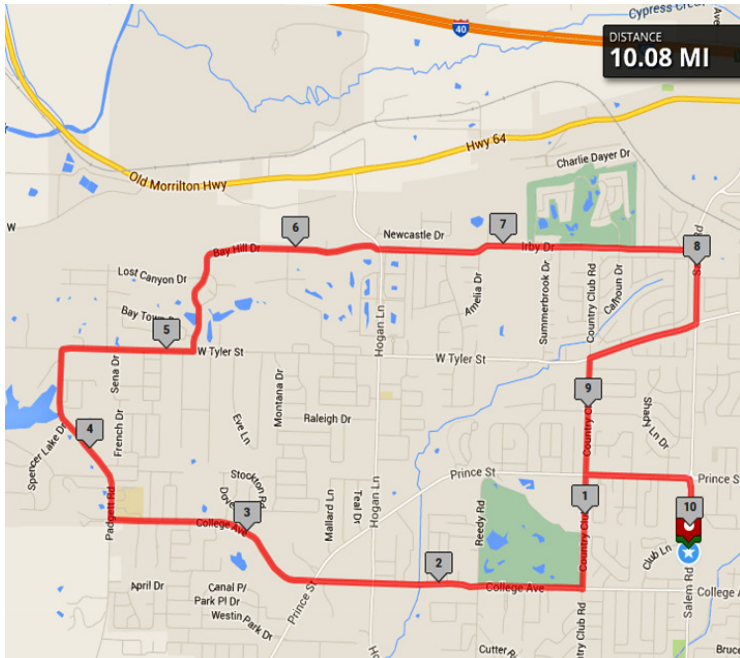


SOARING WINGS | HALF MARATHON TRAINING

WEEK #11 - this is it... taper time!!!

SATURDAY | OCTOBER 12 | 6 A.M.



Water Stop Location | Tyler & Bayhill

*A big thank you to Team RWB!!

Location | The Conway group will meet outside in the south parking lot of Conway Regional Health & Fitness Center (700 Salem Road) - the facility does not open until 7:30 a.m. Restrooms are available, across the street at McDonald's.

Time | 6 a.m.

Safety | Please sign in & sign out at each group run, this ensures your safe return. If you did not register for the training group online, you are welcome to run/walk with us. Please sign a waiver when you arrive & add your name to the roster. **Wear reflective gear and a headlamp or blinky light.**

Looking ahead | This is it...it is taper time!!!!!!!!!!!!!!!!!!!!!!

10 miles: from the fitness center parking lot, turn R on Salem, L on Prince, L onto Country Club, R onto College, crossing Hogan, R on Padgett, R on Tyler, L on Bay Hill, crossing Hogan, continue on Irby Drive, R on Salem, R on Tyler, L on Country Club, L on Prince, R on Salem, back to the fitness center.

www.mapmyrun.com/routes/view/533337860

#finalyeartosoar

