

WALK ~ JOG ~ RUN!!

St. Pete Bar Members

Join Us For The



Want to participate in a 5k or 10k but don't know where to begin?
Participated in a 5k or 10k but haven't had proper coaching/training?
Want to network with fellow bar members and increase your wellness?

The St. Pete Bar will offer a seven (7) week training/coaching program to prepare for the St. Pete Run Fest November 17-18. This will be a fun, go at your own pace, user-friendly program! No need to be intimidated! Fellow bar member, Matt Conigliaro, will guide everyone, at any level, through the 7 week training. So, whether you're a couch potato, a seasoned runner or somewhere in between ~ join us as we network, prepare for a fun event, and increase our wellness!

FUN RUN (WALK or JOG) TRAINING SCHEDULE!

Every Tuesday 5:30 - 6:30pm

Begins Tuesday, October 2nd and ends Tuesday, November 13th

Meet at the waterfront, playground area behind Northshore Pool (south side of the building)

***Participants not required to attend all 7 sessions; participants can go at their own pace.**

WANT TO LEARN MORE?

Informational meeting Tuesday, Sept. 25, 2018

4pm to 5pm ~ Raymond James Community Room 200 Central Ave.

Can't make the meeting? Just show up at the training Tuesday, October 2nd @ 5:30pm

WANT TO REGISTER FOR THE ST. PETE RUNFEST?

Visit stpeterunfest.org

To learn more about the event or register for the 5k, 10k, or half marathon.

You do not need to attend the training sessions to participate.

After registering, email St. Pete Bar Executive Director, Melissa Byers mbyers@stpetebar.com

**STAFF AND FAMILY
MEMBERS WELCOME!**



Meet Your Guide - Matt Conigliaro!

Matt is an avid runner who has coached marathon runners for many years. He has run 55 marathons in 47 states. He has helped people get off the couch and aim for a 5k, or qualify for the Boston Marathon, and most things in between. His goal is to help people enjoy running.

