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For release:
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**New Balance Sarasota announces
First Watch Sarasota Half Marathon inMotion training programs**

**Options for walkers and runners for full course or 2-person relay teams
Registration includes drawing for two complimentary race entries!**

WHO:

New Balance Sarasota and inMotion Coaches Holly Johnson (walking) and etriccoach Eric Kahl (running)

WHAT:

New Balance inMotion walking, running & fitness training programs for the First Watch Sarasota Half Marathon & 2-Person Relay (Race date: March 13, 2011)

WHEN:

Orientation session: Nov. 30, 2010, 6 p.m. (New Balance Sarasota)

Walking training program starts: Sat., Dec. 4, 2010 at 8 a.m. and runs through March 13, 2011

Running training program starts: Mon., Dec. 13, 2010 through March 13, 2011

Walking, fitness and speaker sessions take place every Saturday at 8 a.m.; Running sessions every Thursday at 6 pm (mostly track workouts) and Saturday mornings at 6 a.m.

WHERE:

New Balance Sarasota (alternate meeting sites for walking/running will be offered for training routes)
1872 Stickney Point Road, Sarasota, FL 34231
941.921.3696 / www.newbalancesarasota.com

WHO CAN PARTICIPATE:

Anyone 18 years or older who can walk or run up to 60 minutes or complete three miles in 60 minutes or less for full half-marathon course distance (13.1 miles). Relay teams can accommodate less fit individuals for walking or running with course leg options from 5.5 miles to 7.6 miles.

COST:

In addition to weekly walking and running training and coaching sessions, participants will receive expert advice from locally based nutritionists, shoe fit and foot specialists, stretching and fitness. Also included is a New Balance technical training shirt and pair of socks along with New Balance in-store discounts and offers. There will also be a drawing for one complimentary First Watch Sarasota Half Marathon race entry for the walking and running participants.

Walking Program: \$100/person for 15-week training program, 13 once/week coaching sessions

Running Program: \$139/person for 13-week training program and 2 weekly coaching session

Race registration cost is additional for all program options – visit www.sarasotahalfmarathon.com for more information

HOW TO REGISTER:

Visit www.newbalancesarasota.com to register or sign up to attend the orientation session on Tues., Nov. 30th at 6 pm.

Questions? Contact inMotion Walking Coach, Holly Johnson, at holly@imagica.us or 941.350.9615 or inMotion Running Coach, Eric Kahl at coach@etricoach.com or 941.544.5160

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