



Gazella Training Programs for the Ride for Alive! Ride ...Run...Walk

Ride for Alive! 25 Mile Ride

*Two Coached Sessions Per Week - Tuesdays at 10:30 am (or Saturdays at 9:00 am)
and Thursdays at 8:00 am

*Eight Week Program beginning the week of May 23rd

Ride for Alive! 5K Run

*One Coached Session Per Week - Tuesdays at 6:00 pm

*Eight Week Program beginning the week of May 23rd

Survivors Walking Group

*One Group Walk Per Week - Tuesdays at 9:15 am

*Six Week Program beginning the week of June 6th

*Free for all survivors and supporters

For more information and to register for a Training Program visit www.gazellatraining.com

For more information and to register for the Ride for Alive! visit www.rideforalive.org