



## 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](http://www.gazellatraining.com)

For more information and to register for the Ride for Alive! visit [www.rideforalive.org](http://www.rideforalive.org)