

2016 KP Corporate Run/Walk

3 REASONS TO SIGN UP

FOR THE 2016 KP CORPORATE RUN/WALK

1) **FREE** 8-week Training Program (July 25-September 22)

[Click here for 5k run/walk training program](#)

[Click here for experienced runner 5k training program](#)

- Fitness & Nutrition clinics, beginning in June
- Training programs for beginner and experienced walkers and runners from Jeff Galloway (including fatburning options)
- Saturday, Wednesday and Thursday training program with pace groups, Atlanta's premier running/walking specialty store – Phidippides.com
- Weekly emailed fitness tips
- LA Fitness 3 week Trial Membership
- Discounts on fitness apparel, programs and events
- Boot Camp in the Park (limited enrollment)

2) **FREE** Event T-Shirt

3) An evening of fitness and fun with your colleagues, friends & family

