

# Free Runners/Walkers Clinic

presented by

***RUNNER'S  
EDGE***

"Your premier running and multi-sport source"

**Do you want to be ready for the  
Marcum Workplace Challenge  
But don't know how to start?**

**We offer FREE New Runners/Walkers Clinics at your location  
(socially distant)!**

**Call Kaitlin or Paul at Runner's Edge  
to schedule a convenient time! 516-420-7963**

- We'll show you the proper footwear and apparel to get started!
- Discuss proper nutrition/hydration/injury prevention
- Talk about a plan to help you complete the 3.5 mile distance!

**All are welcome!**

**T H E 2 0 2 3  
MARCUM  
WORKPLACE  
CHALLENGE**

**516-420-7963**

**[www.runnersedgeny.com](http://www.runnersedgeny.com)**

**Attention Team Captains: Please copy and distribute to your team!**

Jump Start Your Training with...

**15% OFF**

your first purchase of footwear and apparel at

**RUNNER'S  
EDGE**

"Your premier running and multi-sport source"

Training for...

**T H E 2 0 2 3  
MARCUM  
WORKPLACE  
CHALLENGE**

Get everything you need... including training tips and advice from the friendly and knowledgeable staff at the Runner's Edge. We are Long Island's premier source for all your running and triathlon needs.

Visit us today or shop online:

[www.runnersedgeny.com](http://www.runnersedgeny.com)

and use Coupon Code: **MARCUMCHALLENGE** at checkout for additional savings!

**I'm participating as a part of the**

**team!**

(insert company name here)

**Runner's Edge**

242 Main Street • Farmingdale, NY 11735-2618 • 516-420-7963

355 New York Ave • Huntington, NY 11743 • 631 663-0100

[www.runnersedgeny.com](http://www.runnersedgeny.com)

1-877-RUN-EASY (877-786-3279) • Fax 516-420-9204 • Email: [runneredge@aol.com](mailto:runneredge@aol.com)

Store Hours: Monday - Friday 10:00AM - 6:00PM, Saturday 10:00AM - 5:00PM, Sunday 12:00PM - 4:00PM

Please present flyer at time of purchase. Expires July 24, 2023