



**2015 ASICS LA Marathon & LA Big 5k
Team Training Program
Sponsored by Master Fitness**

Cost: Free*

**For all Alzheimer's Association California Southland Chapter Run to End Alzheimer's participants*

Master Training Includes (\$90 value):

- 24 Week Training Program designed by Master Fitness Trainers (*including four-week base building training plan*)
- Weekly practices in West Hills by experienced Pacers
- Master Fitness Training Shirt
- Special Race Day Perks
- Expert Guest Speakers
- Year-Round communication from trainers and medical professionals
- Special discounts from our partners

1st Team Master Training (*onsite registration available*):

- Date: Saturday - October 18, 2014
- Time: 7:00AM
- Phone: 818.438.2129
- Location: Master Fitness
23221 Saticoy Street
West Hills, CA 91304

alzheimer's  association®
California Southland Chapter



For more info or questions regarding Run to End Alzheimer's contact Daniela Sarmina dsarmina@alz.org or 323.930.6217