



## Loppet Challenge Fitness Club - Run 2008

Prepare for the Trail Loppet half-marathon – or another 10 – 15 mile event in the fall – while running on the trails of Theodore Wirth Park. This clinic is run by experts from the Running Room in Uptown. The clinic is open to anyone. Different from a normal clinic, most running in this clinic is on the trails of Theodore Park. Get to know the trails, get some training tips, or just have a good group of people to train with through the summer and into the fall.

Proceeds go to the City of Lakes Nordic Ski Foundation – a non-profit organization that makes fitness and activity part of the lives of inner-city youth in Minneapolis. (See [loppet.org](http://loppet.org) for more information on the Foundation).

### **DATES, TIMES AND OTHER INFORMATION:**

- Classes start Monday, July 7, 2008 and run through September 20, 2008
- Meet at 6:30 p.m. at the Theodore Wirth Chalet (1301 Theodore Wirth Parkway)
- Workouts generally start between 6:45 and 7:00
- Check [www.cityoflakesloppet.com](http://www.cityoflakesloppet.com) for updates and the latest news!
- Wear comfortable clothes, running or trail running shoes.
- Call **612-604-5330** with any questions.