

Gold Medal Mindset®

Health & Wellness News

Hilliard Grand - Dublin, Ohio - May 2012



"You must embrace a **Gold Medal Mindset®** to achieve your goals and dreams." –Butch Reynolds

UPCOMING EVENTS

Please attend one of our informational meetings:

Sunday, May 20	3-4 PM	Meet & Greet @ Hilliard Grand Clubhouse
Sunday, May 27	3-4 PM	Meet & Greet @ Hilliard Grand Clubhouse
Wednesday, May 30	6:30PM	First Group Run (20 min social run/walk)
Sunday, June 3	3-4 PM	12 week Gold Medal Mindset Program kickoff
Saturday, July 21	9AM	Columbus Color Run 5K
Sunday, August 26	7AM	Emerald City Half & Quarter Marathon
	3-4 PM	Gold Medal Graduation Ceremony
Saturday, October 13	9AM	Dublin 5K, Glacier Ridge Metro Park



GROUP TRAINING SCHEDULE *(begins after Memorial Day - tentative and subject to change)*

<u>Day</u>	<u>Meet & Greet</u>	<u>Activities</u>
Wednesdays	6:30PM @ clubhouse entrance	Group Run
Saturdays	7:30AM @ clubhouse entrance	Group Run - can be moved 1-2 hours later after June 9
Sundays	6:30PM @ clubhouse entrance	Fitness & wellness activities with Butch

PARTICIPANT RECOGNITION

Stories to feature YOU! Join us & keep us posted about your fitness & wellness accomplishments!

INFORMATION & TIPS

- TELL YOUR FRIENDS - the more, the merrier! Invite them for a group run!



CONTACT INFORMATION

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