



# Front Runner Sports Coaching Presents “Open” and “Woman’s Only” City to Surf Training Squad

**Commencing Monday July 7<sup>th</sup> • All abilities from beginner to elite welcome!**

Front Runner Sports Coaching is pleased to announce it will be offering individuals of all abilities an 8 week training program to prepare you for the 2008 City to Surf Fun Run. Both an “open” and “woman’s only” group will be co-ordinated by physiotherapist and professional athlete Rafael Baugh.

The “open squad” will be conducted with the assistance of 12\* City to Surf winner Ray Boyd. And the “woman’s only squad” will be conducted with the assistance of super runner Kathy Garnett.

***For only \$220 (inc GST) athletes will receive the following benefits:***

- Official Front Runner Sports Coaching Asics Performance T-shirt,
- Pre-event meal and motivational speech by Ray Boyd at Siena’s Restaurant in Leederville on Thursday August 28<sup>th</sup> from 7.30pm
- Access to 23 training sessions conducted three sessions per week:

Monday 5.30pm:	Hyde Park, Highgate
Thursday 5.30pm:	Yokine Reserve, Menora
Saturday 8.45am:	Kings Park, West Perth*

To ensure quality hands on coaching and sufficient time to offer advice and feedback we will only be accepting 20 athletes in each squad.

Email your interest or any queries to [rafbaugh@hotmail.com](mailto:rafbaugh@hotmail.com). Acceptance will be confirmed by receipt of payment and is on a first come, first served basis until spots are filled.

The Front Runner Sports Management team look forward to helping you achieve your goals at the 2008 City to Surf.

Running Regards  
Raf Baugh  
Director, Front Runner Sports Management  
B.Sc Physiotherapy (Curtin)

\*No training will be conducted on Saturday August 30<sup>th</sup>