



Training With Technology Speed/Distance/GPS Devices for Running

TrainingBible Coach Jim Vance will explain how to effectively use your speed, distance and GPS devices for running to improve run performance, assess and maximize your training and help peak for your best race performance ever!

When: Saturday, June 20th, 2009

Time: 1pm

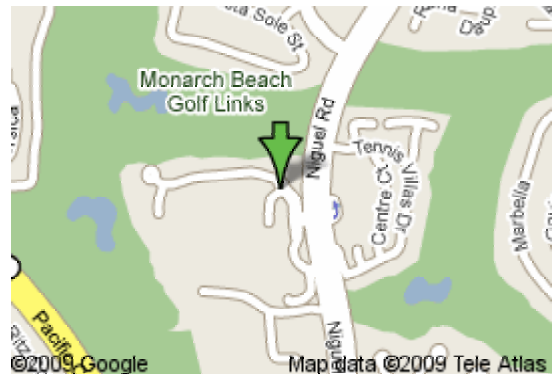
Place: St. Regis Monarch Beach Resort

One Monarch Beach Resort

Dana Point, CA

(949) 234-3360

Cost: FREE!!!



RSVP: Please RSVP to www.octriclub.com and click on "Calendar"

Sponsored by:

Spa Gaucin at St. Regis Monarch Beach

www.stregismb.com/play_spa.aspx



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A raffle will be held at the end of the event. Don't miss this FREE opportunity!!!