

Are you Ready to Run the Bird?

Let **Northeast Ohio Fit** and **Vertical Runner** Get You in Shape for the Akron Marathon and Half Marathon!



NEO Fit and **Vertical Runner** provide:

- Manageable schedule
- Supported Saturday morning runs
- Ability based running groups
- Coaching support
- Weekly seminars
- Weekly emails to keep you up to date
- Discussion forum
- Store discounts
- Discounted race entry to the Akron Marathon and Half Marathon



Check out www.neohiofit.com or www.verticalrunner.com for all the details!!