



# Living Well - Works!

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## Indiana University Health Ball Memorial Hospital Muncie Mini Marathon Walk/Run Saturday Morning Training Sessions.

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**This activity is part of the Living Well-Works! Program.**

Free and open to all Walkers, Joggers, Runners Preparing for the Muncie Mini-Marathon held on Oct. 29, 2011.

Whether you are a beginner or an advanced athlete, please join us. All sessions can be tailored to your fitness level. Everyone is welcome.

Every Saturday at 8 am, Sunshine, Rain or Snow

Meet at IU Health Ball Memorial Hospital Wellness Center, 2300 W. Gilbert Street

### Schedule of Training Sessions

<b>April 30</b>	2 - 4 miles	<b>July 2</b>	3 - 10 miles	<b>Sept. 3</b>	3 - 9 miles
<b>May 7</b>	2 - 4 miles	<b>July 9</b>	3- 6 miles	<b>Sept. 10</b>	3 - 10 miles
<b>May 14</b>	3 - 5 miles	<b>July 16</b>	3 - 6 miles	<b>Sept. 17</b>	3 - 10 miles
<b>May 21</b>	3 - 5 miles	<b>July 23</b>	3 - 7 miles	<b>Sept. 24</b>	3 - 11 miles
<b>May 28</b>	3 - 6 miles	<b>July 30</b>	3 - 7 miles	<b>Oct. 1</b>	3 - 11 miles
<b>June 4</b>	3 - 7 miles	<b>Aug. 6</b>	3 - 8 miles	<b>Oct. 8</b>	3 - 12 miles
<b>June 11</b>	3 - 8 miles	<b>Aug. 13</b>	3 - 8 miles	<b>Oct. 15</b>	3 - 12 miles
<b>June 18</b>	3 - 9 miles	<b>Aug. 20</b>	3 - 9 miles	<b>Oct. 22</b>	3 - 10 miles
<b>June 25</b>	3 - 11 miles	<b>Aug. 27</b>	3 - 9 miles	<b>Oct. 29</b>	<b>RACE DAY!</b>

Events on race day include walks/runs: 1m/3.1m/6.2m/13.1m

Register for the races at [munciemultisport.com](http://munciemultisport.com)

The training sessions are hosted and sponsored by Muncie Multi-Sport



Ball Memorial Hospital

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