



lazy runner



MANLY

Do you want to...

- Start Running?
- Improve your Running?
- Get some low cost coaching?
- Train for an event?
- Get fitter?
- Lose weight?
- Run with a group?
- Run in safety?
- Have fun and meet like minded people?

All of the above can be done through Joining
Lazy Runner Manly

We use proven running programs and meet up **2-3 times** per week

To Find out more about
Lazy Runner Manly... go to
www.lazyrunner.com

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