



### JOIN ANYTIME!

**For \$60 the first month and \$10/month after, you will receive:**

- One individual appointment with Coach Jenny
- Basic Training Plan (5K, 10K, 1/2 or Full Marathon)
- Monthly Informational Meetings
- Tips/Ideas/Motivational Emails

**Additional Fee Options:**

- T-Shirt, Focus Clinics, Fitness Test - Body Composition, Personal Program/Personal Training

### ABOUT THE COACH

**Jenny Powelka** was a multi-sport athlete in High School, ran track and cross country in College and was a former coach of a High School Girls Track and Cross Country Team. Jenny has ran multiple 5k-10k races, several half marathons and two marathons (Mad City & Boston). She has also completed a 24-hour adventure race, a team relay race and many triathlons (sprint-1/2 iron-man).

### CONTACT INFORMATION

To join or for additional information, please contact:

**Jenny Powelka | 970.631.2821 | [jennyp@raintreeathleticclub.com](mailto:jennyp@raintreeathleticclub.com)**

