



HALF MARATHON TRAINING RUNS

Please join **Sports Basement** and the **Pamakids Running Club** for 6 Training Runs in preparation for the upcoming **Kaiser Permanente San Francisco Half Marathon** on **February 5th, 2006**.

The training runs will originate from the Sports Basement store located in the Presidio at 610 Mason Street across from Crissy Field. After the training runs please join us for bagels and juice courtesy of **Sports Basement**.

There will be 6 training runs, all starting at 10:00 am.

Training run schedule:

December 17th - 3-7 miles

December 31st - 4-7 miles

January 7th - 5-8 miles

January 14th - 6-10 miles

January 21st - 8-12 miles

January 28th - 8-12 miles

Our Training run leaders are:

Andy Chan has been the head cross country and track & field coach at Sacred Heart Cathedral Preparatory in San Francisco since 1998. He was the 2005 Central Coast Section Honor Coach for track & field and has qualified both girls and boys teams to the Cross Country State Championships. He has coached 4 state-caliber athletes, including a two-time State Champion. He has been coaching weekly Thursday track workouts for adults at Kezar Stadium for nearly 12 years. This group includes recreational 5K runners to Boston Marathon qualifiers.

Tomas Palermo, 37, is in his second year as assistant cross country and track & field coach at Sacred Heart Cathedral Preparatory in San Francisco. He helped coach the 2005 varsity boys cross country squad to their first-ever State Meet appearance. In addition, Tomas is a substitute coach with Andy Chan at the weekly Thursday track workouts at Kezar Stadium. A lifelong runner, he completed three years in cross country and four years in track at St. Francis in Mountain View and currently competes in local 5K, 10K and half marathon races. He ran a personal best 18:31 at this year's 2005 Jamba Juice Banana Man Chase 5K.

For more information please call the **Pamakids Hotline** at **415-333-4780**.