

Kaiser Permanente San Francisco Half Marathon & 5K



Stretch, run, have fun!

PLEASE JOIN SPORTS BASEMENT AND PAMAKID RUNNERS FOR OUR KAISER PERMANENTE SAN FRANCISCO HALF MARATHON TRAINING RUNS!

PAMAKID RUNNERS will lead four free training runs in preparation for the **KAISER PERMANENTE SAN FRANCISCO HALF MARATHON** on **Sunday, February 7, 2010**. All ages, all levels of ability welcome!

- WHERE:** Sports Basement, Presidio (610 Mason Street at Crissy Field)
- WHEN:** 10:00 A.M. SHARP!
- SCHEDULE:**
 - January 9th - 5-8 miles
 - * January 16th - 6-10 miles (Discount Day!)
 - January 23th - 8-12 miles
 - January 30th - 8-12 miles

After the runs, join us for juice and bagels courtesy of Sports Basement!

*** Shop on Saturday, January 16, to receive the special 20% PAMAKID RUNNERS discount!**

TRAINING RUN LEADER: ANDY CHAN



Andy Chan, 39, has been the head cross country and track & field coach at Sacred Heart Cathedral Preparatory in San Francisco since 1998 and currently serves as Pamakid Runners Club president. His achievements include:

- Masters in sports management.
- Has coached adults for over 15 years and youth for over 17 years.
- Helped Olympian & 2009 World Championship Bronze Medalist Shannon Rowbury (whom he coached in high school) with her training before and after the 2008 Olympic Trials.
- Coached 2008 Olympic Trials qualifier Michelle Gallagher to a 2:43:30 finish at the 2007 California International Marathon.
- Coached four state-caliber athletes, including a two-time California State Champ!
- Has coached Thursday track workouts at Kezar Stadium since 1994.
- Has advised more than 10 runners to Boston Qualifying times.

E-mail
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for more information.