

A Running Dialogue

Volume 1, Issue 7

Tidbits from Your 2010 Sole Runners Mentors



Thoughts from the Mentors....

All of you have prepared. EVERYONE + EVERYTHING will go good. Keep love + happiness in your heart, trust your mentors a smile.

Love,
H. Edwards

You don't need a reason you need A RUN... believe in the run, you have trained you are READY.

Colbie

IT'S BEEN A GREAT SEASON OF RUNNING AND WALKING. REMEMBER THE TRAINING THAT GOT YOU TO THIS POINT.

START SLOW AND KICK BUTT AT THE END. IF YOU PASS SOMEONE, EVEN IF IT'S A FELLOW SOLE RUNNER, DO IT WITH A SMILE :)

RUN WITH PEACE,

Janet

you've trained hard & you ARE ready. Have a fantastic race + hope to see you next season! Betty ☺

Dear Runners,
Enjoy your place in the world as it moves W, below you for 26.2 or 13.1 miles! John

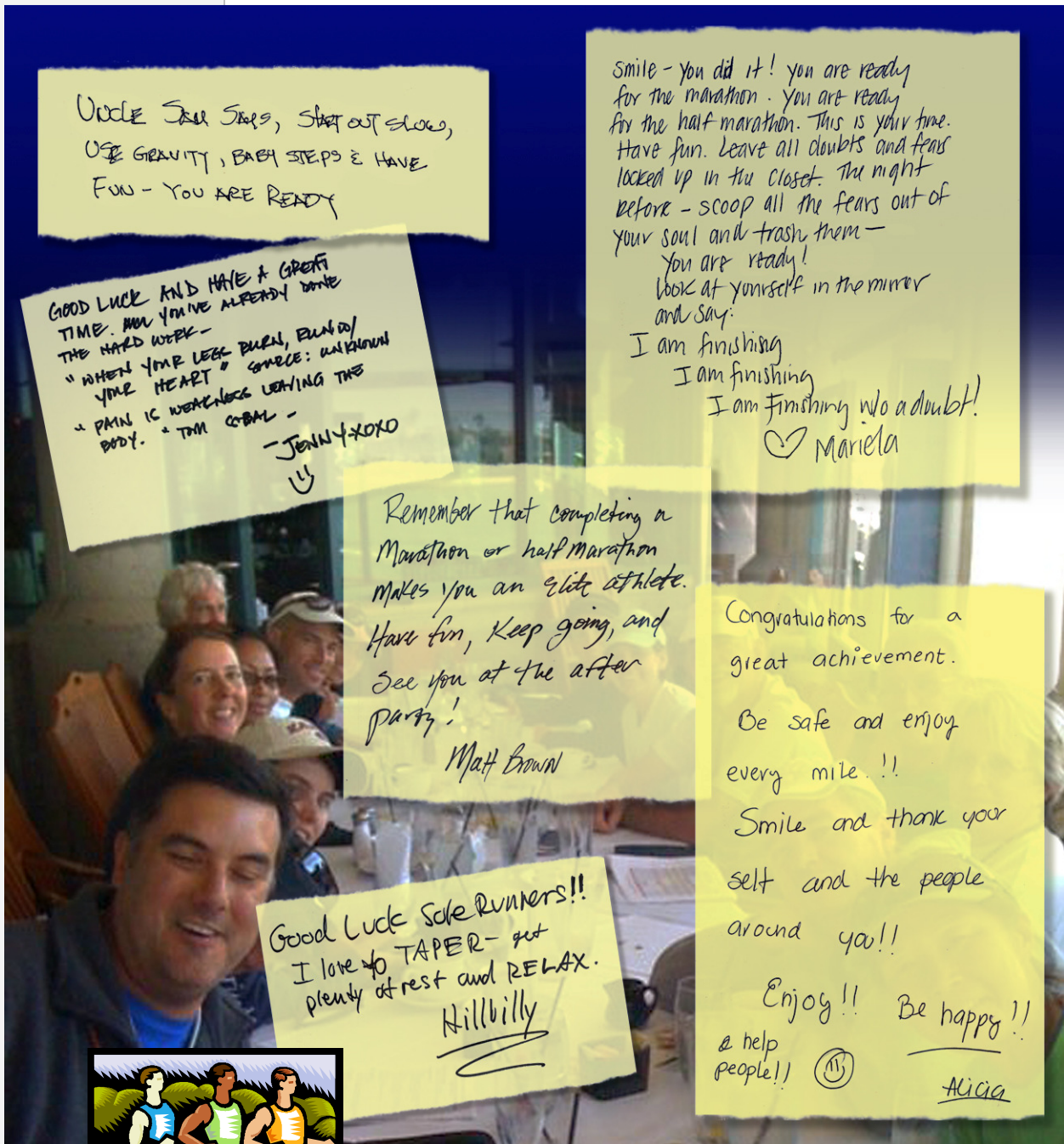
Congratulations! Be very proud of yourself. you have done a lot of work to get to this point. Stay positive, you will do great!

Mirella

Did you know? Only 1% of the world's population will ever do a Marathon in their lifetime. So, congratulations! You are now part of an elite group of people. Good luck!

Isabelle





Best of luck in Long Beach, Athens,
or where next race takes you,
Your 2010 Summer Mentors

