



HTC/ActiveEDGE TRAINING TEAM

2 Sessions ... 4 One-Day Races ... YOUR CHOICE!
Tailored for ALL: walkers, runners and joggers of all experience levels and backgrounds are welcome & encouraged to train.

SESSION 1:
May 8 - July 17

SESSION 2:
July 24 - Sept. 25

EVENTS

Complimentary Entry into **ALL** the following events:



Seabrook Relay
June 1, 2024
ONE DAY RELAY



RED, WHITE + BLUES
June 29, 2024
5K, 10K run/walk plus ActiveEDGE Family event (new!)



High Desert Relay
October 5, 2024
ONE DAY RELAY



Turkey Trot Relay
November 27, 2024
5K run/walk
Winter Wonderland Light Show

NO SOLD OUT RELAYS WHEN YOU ARE A 2024 HOOD-TO-COAST TRAINING TEAM MEMBER!

Each Session includes:

- ✔ **HTC Training Team Gear** (Amount of gear depends on level of registration.)
- ✔ **All HTC Training Team Workouts: Wednesday and all classes:** see class schedule to the right, including Yoga offering this season.
- ✔ **Trial Membership to ActiveEDGE Gym and Physical Therapy** for duration of specific session(s). This includes access to all group exercise classes and 24/7 gym access!
- ✔ **Route suggestions for Runs/Walks.** All located in and around Tualatin, West Linn and Lake Oswego.
- ✔ **Complimentary entry to one-day relay of correlating session.**
- ✔ **Complimentary entry to upcoming HTC Road Races New this year.** Red White and Blues 5K and 10K in West Linn and Turkey Trot.
- ✔ **Opportunity to join a community** of walkers and runners for future events!

ActiveEDGE Class Schedule:

Monday
5:30pm - 6:30pm
Recess: strength/cardio circuit

Tuesday
9:30am - 10:30am
Yoga

Tuesday
5:30pm - 6:30pm
Mobility and Core

Wednesday
5:30pm - 6:30pm
HTC/ActiveEDGE Training Team

Thursday
9:30am - 10:30am
Yoga

Friday
9:00am - 10:00am
Recess: strength/cardio circuit

Friday
10:30am - 11:30am
Mobility and Recovery

Also, HTC Members can attend any of ActiveEDGE's Group Classes during their HTC Session

Training Session Costs:

Do one session or BOTH sessions!

DO ONE SESSION FOR \$75

Includes HTC Training Team short sleeve shirt and hoodie.

DO TWO SESSIONS FOR \$140

(only \$70 per session)

Includes HTC Training Team short sleeve shirt, hoodie and long sleeve tech shirt.

CALL 503-387-5449

E-MAIL

willee@activeedgewellness.com

ONLINE

www.ActiveEDGEwellness.com

VISIT 2020 8th Avenue, Suite D,
West Linn, OR 97068

ActiveEDGE
WELLNESS CENTER