



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 7 - July 16

SESSION 2:
July 23 - Sept. 24

EVENTS

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



Seabrook Relay
May 31, 2025
ONE DAY RELAY



RED, WHITE + BLUES
June 28, 2025
5K, 10K run/walk



High Desert Relay
October 4, 2025
ONE DAY RELAY



Turkey Trot Relay
November 26, 2025
5K run/walk
Winter Wonderland Light Show

NO SOLD OUT RELAYS WHEN YOU ARE A 2025 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).
- ✔ 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.
- ✔ Discounts on Personal Training.
- ✔ 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
5:30pm - 6:30pm
Mobility and Core

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

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 HTC Sunglasses.

DO TWO SESSIONS FOR \$140

(only \$70 per session)

Includes HTC Training Team short AND long sleeve shirt, and HTC Sunglasses.

★ Sign up by May 6 to receive HTC Hoodie!

★ Refer a friend for 2 sessions and each person pays \$120.00 for 2 seasons!

CALL

503-387-5449

E-MAIL

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VISIT

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ActiveEDGE
WELLNESS CENTER