

Press Release #1
FOR IMMEDIATE RELEASE
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Attention Recreational Runners

Want to tune up your running skills, enhance your race time or learn the nuts and bolts of running a 5K? Here's how to jumpstart your spring workout routine or get in shape for the upcoming 14th Annual Weston Memorial Day 5K Road Race on May 26th. Runners of all skill levels are invited to attend the first of a series of three Weston 5K Running Clinics on Saturday April 21 from 10:00 AM to 11:30 AM at the new state-of-the-art Weston High School Track, at 115 School Road, Weston. Two more clinics will follow at the same time and location on Saturday May 5th and Sunday May 20th. The cost is \$10 per clinic or \$20 for all three. All proceeds go to benefit the Weston High School PTO, which sponsors the popular Weston Memorial Day 5K Road Race.

One or more of these exceptionally qualified Running Clinic trainers will conduct each session:

Coach Mac, USAT Team USA 2005, 2006, 10 Ironman finishes; 10 years as triathlete; 2001 Ultraman work champion; 3rd Degree black belt Tae Kwon Do; USSA ski racing; American College of Sports Medicine certified Personal Trainer; National Academy of Sports Medicine certified Personal Trainer; CPR & First Aid certified; and coach of Weston High School Ski Team and Boys Outdoor Track & Field Coach.

Kristi Cristello, U.S. Marine Corps veteran; completed 34 marathons, one Ironman finish, Marathon PR of 3:16 and 5K PR of 19:03 ; National Academy of Sports Medicine certified Personal Trainer; American Council on Exercise certified Trainer and Lifestyle/weight management; Powerhouse Pilates certifications Mat/Reformer/Tower.

Steve Banks, certified Master Trainer New York Sports Club for 10 years, National Academy of Sports Medicine certified Personal Trainer; National Academy of Sports Medicine certifications in nutrition, flexibility, pre- and post-natal exercise and sports specifications. For more information about the clinics, call 222-0014 or email [http://Weston5K@gmail.com/](mailto:Weston5K@gmail.com) and to register now for the Weston 5K Memorial Day Road Race on Saturday May 26th, visit <http://www.westonct.gov/media/file/FOURTEENTHANNNUAL.pdf>