



TITLETOWN WELLNESS RACE SERIES

The Bellin Running Crew supports the Titledown Wellness Race Series, a collection of events that contributes to greater overall health by getting the community moving – and keeping it moving.

2015 Titledown Wellness Race Series

Bellin Run 10K	June 13
Packers Run 5K	July (TBD)
Shanty Days 5K	August 15
City Stadium Run 5K	September 12
Run for the Hill of It 5K	October 10
Turkey Trot 2 & 5 mile	November 26

Titledown Wellness is an exclusive partnership formed by the Green Bay Packers and Bellin Health to implement initiatives that improve the health and wellness of people in this region.

Personal health and fitness is the greatest incentive to participate in the Titledown Wellness Race Series. We'll support you along the way with FREE Bellin training runs. Each participant who completes all 6 events will receive a FREE entry for the 2016 Bellin Run.

The 3 top-scoring male and female race series participants, and the top-scoring male and female in each age group, will be honored at an awards banquet at Lambeau Field (date TBD). Visit bellinrun.com for more information.




Ashwaubenon
1630 Commanche Ave., Green Bay
(920) 430-4756

Bellevue
3263 Eaton Rd., Green Bay
(920) 433-6756

Bond Community Center
1201 Park Ave., Oconto
(920) 884-5585

bellinfitness.com

 Check us out on Facebook...
Bellin Running Crew
Bellin Fitness



Bellin
**RUNNING
CREW**

2015 TRAINING SCHEDULE



TRAINING OPPORTUNITIES

Bellin Training opportunities are free weekly run/walks that support you in your training and preparation for the Bellin Run and Tiletown Wellness Race Series.

FREE TRAINING RUNS

It doesn't matter if you are new or a veteran, these training runs will help you. Each week's short and long route will be guided by a Bellin Health running coach, allowing you to customize your run based on current fitness level. It's a great opportunity to meet new people and workout in a fun and energetic atmosphere. For more information, please call (920) 430-4756.

FREE TRAINING WALKS

Do you want to begin a fitness program but don't know where to start? Start walking! Walking is one of the easiest and most beneficial forms of exercise. Weekly walking groups, guided by a Bellin Fitness Center professional, will address how to start, pace, proper shoes, strength training, static stretching, and basic nutrition. For more information, please call (920) 433-6756.

CROSS-TRAIN STRENGTH CLASS

If you're looking for something to supplement your running or walking training, this is the class for you. We will work on strengthening all of the critical areas that runners/walkers need. Become a stronger, more well-balanced and mobile athlete. If you are a better athlete, you will be a better runner or walker.

\$99/person - 10 weeks / starting April 9
Bellin Fitness Center Ashwaubenon
Thursdays / 5:30-6:30p.m

RUN/WALK CALENDAR

MARCH

25	Bellin Training Run	Ashwaubenon	6 p.m.
	Bellin Training Walk	Bellevue	5:30 p.m.

APRIL

1	Bellin Training Run	Ashwaubenon	6 p.m.
	Bellin Training Walk	Bellevue	5:30 p.m.
8	Bellin Training Run	Ashwaubenon	6 p.m.
	Bellin Training Walk	Bellevue	5:30 p.m.
15	Bellin Training Run	Ashwaubenon	6 p.m.
	Bellin Training Walk	Bellevue	5:30 p.m.
22	Bellin Training Run	Ashwaubenon	6 p.m.
	Bellin Training Walk	Bellevue	5:30 p.m.
29	Bellin Training Run	Ashwaubenon	6 p.m.
	Bellin Training Walk	Bellevue	5:30 p.m.

MAY

6	Bellin Training Run	Ashwaubenon	6 p.m.
	Bellin Training Walk	Bellevue	5:30 p.m.
13	Bellin Training Run	Ashwaubenon	6 p.m.
	Bellin Training Walk	Bellevue	5:30 p.m.
20	Bellin Training Run	Ashwaubenon	6 p.m.
	Bellin Training Walk	Bellevue	5:30 p.m.
27	Bellin Training Run	Ashwaubenon	6 p.m.
	Bellin Training Walk	Bellevue	5:30 p.m.

JUNE

3	Bellin Training Run	Ashwaubenon	6 p.m.
	Bellin Training Walk	Bellevue	5:30 p.m.
10	Bellin Training Run	Ashwaubenon	6 p.m.
	Bellin Training Walk	Bellevue	5:30 p.m.
13	<i>Bellin Run-Tiletown Wellness Race Series</i>		
17	Bellin Training Run	Ashwaubenon	6 p.m.
24	Bellin Training Run	Ashwaubenon	6 p.m.

JULY

1	Bellin Training Run	Ashwaubenon	6 p.m.
8	Bellin Training Run	Ashwaubenon	6 p.m.
15	Bellin Training Run	Ashwaubenon	6 p.m.
22	Bellin Training Run	Ashwaubenon	6 p.m.
29	Bellin Training Run	Ashwaubenon	6 p.m.
	<i>(TBD) Packers Run-Tiletown Wellness Race Series</i>		

AUGUST

5	Bellin Training Run	Ashwaubenon	6 p.m.
12	Bellin Training Run	Ashwaubenon	6 p.m.
15	<i>Shanty Days-Tiletown Wellness Race Series</i>		
19	Bellin Training Run	Ashwaubenon	6 p.m.
26	Bellin Training Run	Ashwaubenon	6 p.m.

SEPTEMBER

2	Bellin Training Run	Ashwaubenon	6 p.m.
9	Bellin Training Run	Ashwaubenon	6 p.m.
12	<i>City Stadium Run-Tiletown Wellness Race Series</i>		
16	Bellin Training Run	Ashwaubenon	6 p.m.
23	Bellin Training Run	Ashwaubenon	6 p.m.
30	Bellin Training Run	Ashwaubenon	6 p.m.

OCTOBER

7	Bellin Training Run	Ashwaubenon	6 p.m.
10	<i>Run for the Hill of It-Tiletown Wellness Race Series</i>		
14	Bellin Training Run	Ashwaubenon	6 p.m.

NOVEMBER

26	<i>Turkey Trot-Tiletown Wellness Race Series</i>		
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DECEMBER

12	Nilleb Fun Run 10K (run the Bellin Run in the opposite direction)		
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BELLIN RUNNING CREW

A year-round comprehensive training program that has a team approach with a medical focus for individuals, from beginners to veterans, who are interested in running and walking.