

**RGR Training** and



*present*

## Lunch with Sally Edwards

Join us on your lunch hour to talk with Sally Edwards, best selling author, renowned speaker, and spokesperson for the largest triathlon series in the United States.



Light lunch provided.

Reservations recommended.



From the time she ran the 1984 Olympic Marathon Trials using her heart rate monitor, Sally has been at the forefront of a revolution in fitness training. Never one to trust in guesswork, Sally combined her Master's degree in exercise physiology with her experience as a professional athlete and created the Heart Zones Training System.

A founder of the sport of triathlon (and a Triathlon Hall of Fame inductee), most of Sally's recent races have been performed in her role as the National Spokeswoman for the Danskin Triathlon Series. Sally has finished every Danskin Triathlon (as of 2005, sixteen years worth) dead last, as the "Final Finisher," inspiring more than 100,000 other women to make it across the finish line in front of her. The year 2004 marked her 100th last-place Danskin finish in Denver, Colorado on July the 17th.

A prolific author of more than 20 books and 300 articles on fitness and sports, a motivational keynote speaker, and (with a second Master's degree in Business Administration) an entrepreneur, Sally is committed to helping others improve their health, fitness, and finish by listening to their hearts.

### Lunch Talk with Sally Edwards

Date: Friday, April 7, 2006  
Time: 12:00 noon - 1:00 pm  
Location: Run Gear Run  
18720 Stone Oak Parkway Suite 150

Come have lunch with Sally Edwards: athlete, author, heart rate training expert and spokeswoman for the Danskin Triathlon Series. **Call 210-490-9987 or email [info@rungearrun.com](mailto:info@rungearrun.com) to reserve your spot!**

**RGR**  
**Run. Gear. Run.™**

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[www.RGRTraining.com](http://www.RGRTraining.com)