

# Introducing Sally Edwards

Athlete, Author, Speaker, Entrepreneur



JOIN author and professional runner/triathlete **Sally Edwards** for an entertaining and engaging evening as she talks about her latest of 23 popular books - *Be a Better Runner* - featuring real world, scientifically-proven training techniques that will dramatically improve your speed, endurance and injury resistance.

Friday, August 5 **FREE!**

**6 pm** – Sally Edwards presents:

- How to become a better runner
- What is the “black hole” running zone?
- Hear all about “The 13 Lessons”
- Effective heart rate monitor use

Wellspring Theater at the Epic Center  
359 S Kalamazoo Mall Suite 204

**7 pm** – Walk/run with Sally while trying out her Up Beat Workouts app.



**7:30 pm** – Autograph signing and refreshments with Sally Edwards.

Gazelle Sports, 214 S Kalamazoo Mall

*This very special evening is sponsored by The XXtra Mile, the company that produces the Trek Women Triathlon Series and the Danskin Triathlon.*



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