

2019 Run/walk group

Celeste will guide you where to go and how far to go depending on your fitness level. There is NO set time so you can be as flexible as you like.

The Peak Personal Pilates studio is situated near a wonderful bike path. All run/walkers can leave from the studio and can choose distances from one mile to 6 miles. It is safe and also very convenient whether you go on your own or with a friend or a group. I encourage everyone who does Pilates to get outside and walk or run and think of even entering a fun run for goal setting.

It is especially good to experience the world of competing in a small race. The only one you compete with is yourself so there is NO pressure. Here are a few of the suggested races for goal setting. We often run as a team so contact Celeste if you plan to enter a race. Peak Personal Pilates sponsors the local Tipp City races; Mum Festival 5km fun run every year so this would be the best team run for anyone at the studio to enter.

Mum festival 5km in September and the Thanksgiving Turkey Trot(Tipp City)

Upcoming Races for goal setting

Lou Cox 5km-May 27th @ 8am

<https://secure.getmeregistered.com/LouCox>

Strawberry festival 5km and 10km-June 2nd @ 7.30am

<https://runsignup.com/Race/OH/Troy/Strawberry10kClassic>

5km or Kelli- August 17th @ 9am

<https://runsignup.com/Race/OH/Dayton/5kforKelli>

Winans half marathon-Sept 8th @ 8am

<https://runsignup.com/Race/OH/Troy/WinansToWinansHalfMarathon>

Airforce 5km, 10km, half or full marathon- Sept 21st

<https://www.usafmarathon.com/>

October Fest 10km

<https://runsignup.com/Race/OH/Minster/MinsterOktoberfestClassic10k>