

**From:** Dan Fitzgerald <[dan@heartbreakhillrunningcompany.com](mailto:dan@heartbreakhillrunningcompany.com)>

**Sent:** Wednesday, February 14, 2018 8:41 PM

**Subject:** [External] Long Run & Speed Run Sign Up

Hi Team,

We're into the second half of training here. It's crunch time. Let's get those runs in!

**Saturday Long Run registration & details:**

<https://longrun.splashthat.com/>

**\*\*Long run distances always match you plans which are attached to your Week 1 email from me.\*\*** This week: BEG 15mi, INT 13mi.

If you would like to be a volunteer pacer you can register

here: <http://www.signupgenius.com/go/60b094ba9ab2fa5fb6-long>

**Tuesday morning Speed Run registration & details:** <https://speedrun.splashthat.com/>

UPCOMING SPECIAL EVENTS: (more details as we get closer)

3/17 (9AM) - Starting line run powered by Nike+ Run Club - We'll board busses in Newton, head to the start of the Boston marathon, run to Wellesley, and board buses back to Newton (13.1 miles)

3/24 (9AM) - Longest Long Run powered by NRC - this run will cover the middle 10 miles out and back. Runners who register and join us will have free access to our premium foodtruck for refueling plus other special elements (20-22 miles) (MGH runners note, you have a different longest run experience planned through your coordinators)

4/9 & 4/11 (Time TBD) - Last 10K powered by Skedaddle - We'll be running bus routes from Back Bay to Heartbreak Newton and running from there (Mile 20) to the finish with a reception after the run at a local bar.

Happy training!

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Dan Fitzgerald

Co-Founder/President | Heartbreak Hill Running Company

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