



VERVE TRAINING

# INDIVIDUAL BUT ALL TOGETHER (:

RACE!

HALF MARATHON / MARATHON

OCTOBER 31st - HALLOWEEN - SATURDAY

LOCATION: START IN SAN FRANCISCO - THROUGH GOLDEN GATE  
BRIDGE - INTO MARIN, HEADLANDS - AND BACK TO THE CITY.

CHANGES MAY COME. WEATHER CONDITIONS WILL BE OUR  
GUIDE.

GET BACK INTO YOUR RUNNING SHAPE!