



“Test your Spirit”

with *Coach Bob Gamez, USATF-1, RRCA, GFR-1 & ISSA Certified*

- *Experience Runner since 1975 *All Levels and Ages 20+
- *CPR/AED & First Aid certified * Thousands Trained
- *Training for all Distances Road Racing and Track
- 5k to 26.2, Boston Qualify, Law enforcement Baker to Vegas

PRIVATE AND GROUP SESSIONS

All sessions are a minimum of 60 minutes; half sessions are also available.

Add **\$0.50/mile** for my traveling over **15 miles**

Complete evaluation	\$80.00/session
(Includes video gait analysis and head to toe evaluation of Running Form Biomechanics)	
Private Session 1:1	\$60.00/session
(2-4 consecutive sessions \$50.00/session)	
(5+ consecutive session's \$45.00/session) [Includes basic training schedule]	
Semi-Private 2-4	\$25.00/person/session
(4 consecutive sessions minimum)	
Group Session 5-15	\$10.00/person/session
(4 consecutive sessions minimum)	
Tuesday Night Track (group)	\$20.00/month prepaid or \$10.00 drop in fee
(Brea Olinda High School Track)	
SAQ Training (Speed, Agility and Quickness) (group).....	\$15.00 drop in fee
(Brea Olinda High School Track)	
SAQ private session 1:1.....	\$75.00/session
SAQ semi-private 2-4	\$30.00/person/session
(4 consecutive sessions minimum)	
Personal Schedules	\$25.00 novice
(5k, 10k, half marathon)	\$30.00 intermediate
	\$35.00 advanced
Personal Schedules	\$35.00 novice
(marathon, speed, fitness)	\$45.00 intermediate
	\$55.00 advanced
Personal Consultation only	\$25.00
{included with any group or private session}	
Official BOA <i>RunningQuest</i> Training Shirt/Singlet	\$20.00 +\$6.00 shipping/handling

E-mail Coaching

(Self-train for any running event with motivating helpful tips and weekly emails from Coach Bob; best deals highlighted in blue)

Level I E-coaching.....\$65.00/8 weeks
\$90.00/12 weeks
\$120.00/16 weeks
\$145.00/20 weeks
\$170.00/24 weeks

Includes personal training schedule, weekly email, one coaching interaction via FB or email per week

Level II E-coaching.....\$75.00/8 weeks
\$110.00/12 weeks
\$145.00/16 weeks
\$180.00/20 weeks
\$205.00/24 weeks

Includes personal training schedule, weekly emails, unlimited adjustments and interaction via FB, email, cross training drill of the week

Level III E-coaching.....\$85.00/8 weeks
\$125.00/12 weeks
\$165.00/16 weeks
\$205.00/20 weeks
\$235.00/24 weeks

Includes Level II training but in addition you will receive three cross training drill suggestions per week and if you need that extra push to stay motivated I will contact you via email mid week to check on your progress to help motivate

Group E-mail Coaching..... \$15.00/8 weeks/person
Includes a group schedule for any event with weekly general group emails

For more info call **Bob Gamez (951) 897-9036** or email at RunningQuest1@gmail.com

*Helping runners achieve their **RunningQuest** since 1997*



Make checks payable to **Bob Gamez** and mail to: Bob Gamez, P.O. Box 1011, Brea, CA. 92822