

BQuick Running Specialist

Brian Wieck



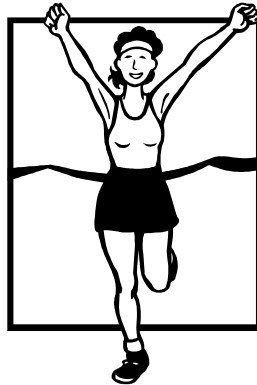
406-431-0697
Bquick50k@hotmail.com
www.helenarunningclub.com



Are you a new runner uncertain how to train for your first race?

Are you an experienced runner ready to improve your times?

Train with Brian!



I can help you improve your race, whether you run 5k's or ultramarathons.

I'm available for one-on-one instruction and small group sessions.

My 10 years of coaching experience includes:

- University of Montana assistant cross-country coach
- Carroll College assistant cross-country coach
- Teaching 5 half-marathon training clinics

- B.A. in Recreation and Leisure Services
- Race director for Railway 8k, South Hills Trail Series, & Pemberton 50k

I demonstrated my skill as a runner at:

- The Governor's Cup half marathon (1st place-2006) and 20k (1st place-1999)
- The 5 mile Ice Breaker Race (1st place-2004)
- The Elkhorn 50k (1st place-1999, 2000, 2001, & 2003)
- Great Divide Hill Climb (1st place-2005 & 2006)



Let me help you attain your running goals!

Pricing Chart

Running regular workouts with me helps you to achieve your goals. Your workouts are tailored to highlight your strengths and improve your weaknesses.

Daily workout plan + 1 training session per week \$30 per month

2008 Governor's Cup Half Marathon Clinic \$50
Begins April 5th, 2008

Contact Brian at 406-431-0697 for group rates