

YOU ARE INVITED TO VERTICAL RUNNER'S INAUGURAL

# Runway To Fitness Fashion

A SPECIAL WOMEN'S EVENING AT VR

WEDNESDAY, NOVEMBER 11<sup>TH</sup>

7:00 – 9:00 PM

WINE, SMOOTHIES, AND HORS D'OEUVRES

CUSTOM BRA FITTING

20% OFF NEW FALL AND WINTER APPAREL

GREAT DOOR PRIZES!

Ladies, at 7 pm Vertical Runner will be hosting an event just for you! Bring your friends for a women's night out!

Vertical Runner and Cathy Reed from **Brooks Sports** will educate you on proper bra essentials; fashion and fitting for fall and winter apparel; and nutrition, hydration, & safety for the running season. Also meet Cleveland's only all-female club and race team, **Grunt Girl Racing** along with Stacy Rhea and Andrea Chisnell, owners of **Women's Multisport Connection**, "Guiding you from sideline to finish line."

Other professionals joining us include:

**Nutrition Outreach Program** Jodie Luidhardt, MS, RD, LD – Coordinator

**Hudson Massage and Sports Therapy** Danielle Hopkins, B.S., L.M.T., Owner

**SPC CrossFit Hudson** Toby Jurging, ATC, CSCS, Owner

**Hudson Fitness and Pilates** Tiffany Thorne, Owner

**Yoga Lounge Hudson** Amy Cook, Owner

**Cali Juice** providing smoothies

**Totally Cooked Catering** providing Hors D'oeuvres

**Downtown 140** providing wine

Reserve your spot today!

The first 30 receive a North Face reusable shopping bag. Call 330.656.1176 or [mel@verticalrunner.com](mailto:mel@verticalrunner.com)



112 North Main Street, Hudson, OH 44236