

TEAM PEAK IS BACK!

Looking for a new goal?
Want to shed some weight before the holidays?
Join us for our 10th Year Trotting!

2021: Celebrate 10 Years of Team Peak
ALL EXPERIENCE LEVELS WELCOME!

8 Weeks of Training Leads Up To...

EVENT: MASSAPEQUA PARK TURKEY TROT

DISTANCE: 5K (3.1 miles)

DATE: SATURDAY, NOVEMBER 20, 2021

PROCEEDS: Benefiting the YES Community Counseling Center

START DATE:

September 27th

FEE: \$200

REGISTRATION INCLUDES:

8 Week Walking, Running or Run/Walk 5k Program

OUTDOOR Weekly Group Run/Walk

Team Peak Race Shirt

Your Choice of Metabolic Testing

V02 Testing: Discover your aerobic fitness

RMR Testing: Determine your resting metabolic rate



**FOR MORE INFORMATION
SPEAK WITH ANY FITNESS TEAM MEMBER!**

**PEAK PERFORMANCE FITNESS | 516.599.8734
225 MERRICK RD, LYNBROOK | PEAKPTFITNESS.COM**