NOBOdy can get me to stop talking about Fleet Feet – Aptos and their No Boundaries training program.

On my first day of No Boundaries I showed up after 2+ years of inactivity, I had a total hip replacement, extra weight and I was not happy.

During the No Boundaries 10 week program, I learned about nutrition, hydration and cross-training, while increasing my mileage to participate in a 5k. At our pre-race talk, our Coaches ensured us that we were ready. I WAS.

I am HOOKED. Since my No Boundaries program, I have participated in the Wharf 2 Wharf (6 miles) and the Fall ½ Marathon programs.

I am happy, healthy and fit. I also have a lot of great new friends.

You don’t need to have a total hip replacement like me to benefit from No Boundaries. All you need is the desire to change. No Boundaries will do the rest.

SIGN UP for the No Boundaries training program at Fleet Feet – Aptos

Kathy Allen

PS: I do not run – I am a WALKER!