



2007



AN EXCITING NEW FITNESS PROGRAM

ROCKSOLID SPORTS FITNESS INVITES YOU TO PARTICIPATE IN OUR 10 WEEK FITNESS CHALLENGE AND COMPETE IN THE GOLD COAST MARATHON DAY 10KM RACE AS A MEMBER OF THE ROCKSOLID TEAM.

- The Ten 10 Challenge is a unique fitness experience to be launched in 2007
- We offer you a 10 week health and fitness program using the Gold Coast Marathon day 10km race as a performance goal.
- The program begins with a seminar, fun training session and social occasion on the Gold Coast
- Every team member is given a 10 week program to follow and will work together to complete the challenge.
- The RockSolid Sports team of fitness experts will hold regular team training sessions as part of the total program. These sessions will focus on fitness, team building, fun and getting people out of their comfort zones. Specific sessions will be adventure based in natural settings which clients will find intriguing, challenging and definitely enjoyable.
- The RockSolid Sports high profile athletes and emerging stars will be incorporated as fitness leaders and motivators.

WE WILL TRAIN AS A TEAM, COMPETE AS A TEAM AND CELEBRATE AS A TEAM

**For more information contact RockSolid Sports Fitness
Mobile - 0412 885 805 Email - rocks@rocksolidsports.com.au**

As dawn breaks on Sunday 1 July 2007 thousands of eager participants from all over the world will lace up for the 29th running of Australia's premier marathon - the Gold Coast Airport Marathon and associated events.

The magnificent Broadwater will sparkle in the background and the distant hi-rises of Surfers Paradise will beckon as the starter counts down... silent and still they wait... until the starter pistol fires.

Feet pound the course that hugs the world renowned coastline, anxious and adrenalin pumped - elite athletes, recreational and social sports enthusiasts, all ages and fitness levels - it will be a challenge for many, but the experience, achievement and exhilaration crossing the finish line as the crowds roar their approval will make it all worthwhile!!!

**ONE GOAL
ONE EVENT
ONE JULY 07**

gold coast airport marathon
asics half marathon
telstra country wide 10km run
gold coast bulletin 7.5km walk
norco pauls 'collect-a-cap' junior dash - 2.25km & 4km

