



**SAVE THE DATE:**  
**APRIL 5<sup>th</sup>, 2007**  
For

# **“Is Food Fuel or Fattening?”**

## **Melrose Running Club**

Presents an evening with

## **Nancy Clark, MS, RD**

**Internationally Known Sports Nutritionist**

**Thursday, April 5<sup>th</sup> 2007**

**7:00pm – 9:00pm**

**Memorial Hall • 590 Main St • Melrose, MA**

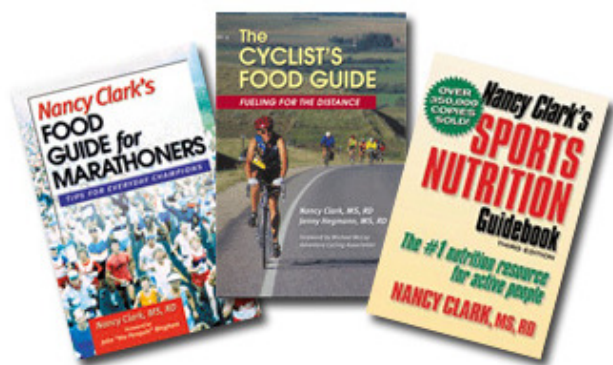
**Admission: \$8<sup>00</sup>\* in advance/\$10<sup>00</sup> at the door**

Mail checks to: Melrose Running Club, Nancy Clark Fundraiser, P.O. Box 761022,  
Melrose, MA 02176 \*Until 4/3/07

Checks payable to : Melrose Running Club



We all want a healthy lifestyle, but our food choices often prevent us from reaching that goal. Join us on April 5<sup>th</sup> when Sports Nutritionist Nancy Clark will explain how we can still enjoy food while it fuels our body. Whether you're a couch potato, a casual walker, or a marathon runner, you won't want to miss Nancy's dynamic and inspiring presentation.



### **Book Signing**

After the lecture, Nancy will be signing copies of her books, including:

- Nancy Clark's Sports Nutrition Guidebook, 3<sup>rd</sup>. Ed.
- Home Study Course for Nutrition Guidebook
- Nancy Clark's Food Guide for Marathoners
- The Cyclist's Food Guide

Nancy's clients include members of the Boston Red Sox, the Boston Celtics, and many collegiate, elite, and Olympic athletes from a variety of sports.

She is also a frequent contributor to *SHAPE* and *Runner's World* and also writes a monthly nutrition column called "The Athlete's Kitchen." The column appears regularly in over 100 sports and health publications, including *Active.com* and the *Running Network*.

For further information, please contact

**[MRFW@melroserunningclub.com](mailto:MRFW@melroserunningclub.com)**

