



SAVE THE DATE: APRIL 5th, 2007

For

“Is Food Fuel or Fattening?”

Melrose Running Club

Presents an evening with

Nancy Clark, MS, RD

Internationally Known Sports Nutritionist

Thursday, April 5th 2007

7:00pm – 9:00pm

Memorial Hall • 590 Main St • Melrose, MA

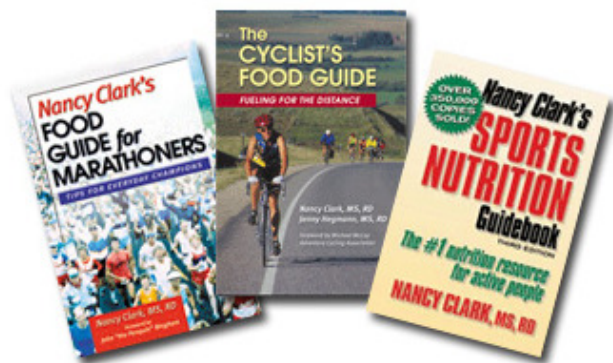


Admission: \$8⁰⁰* in advance/\$10⁰⁰ at the door

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 5th 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, 3rd. 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.

