

FREE ElliptiGO Rental

ElliptiGO is the hottest new way to keep your running fitness high while keeping the impact on your body low! Keep yourself race-ready by adding ElliptiGO workouts to your weekly running schedule.



The run-similar stride keeps your body using its running muscles while taking stress off the joints and bones. Run more and run longer without being shackled to indoor equipment! Also great for recovery and quicker comebacks after injury.

Redeem this coupon at any
Confluence Running to schedule a
FREE 2-Hour ElliptiGo Rental

\$40 Value

Exp. _____

Welcome to your
advanced racing
package!
Your best running
is inside!

CONFLUENCE RUNNING

Johnson City • Corning • Goshen
607-217-4155 607-377-5011 845-615-9061

www.ConfluenceRunning.com

Customize Your Run with
CONFLUENCE RUNNING



COMMUNITY

HEALTH

FITNESS





Your best running year awaits!

FREE Race Entries

Southern Tier Cross Country

Run in a series of 5 cross country races in Fall of 2021 that span across New York State.



Parade Day Mile

Race one of the most competitive and fun-miles in New York State. Bring your best race or your best St. Paddy's Day outfit ,



or both!

Pond Hockey Trail Race

Run a trail race during one of the Northeast's largest outdoor pond hockey festivals at Chenango Valley State Park



Redeem and register for these races on RunSignUp

\$110 Value

Coupon code: _____

FREE Running Form Analysis

Get a jump start on running & training with a professional running form analysis. How much does your center of gravity



boounce? How much force do you land with? What exercises can be prescribed to you to help with muscle engagement & running form?

Redeem this coupon by contacting coach Matt:
Matt@ConfluenceRunning.com

\$50 Value

Exp. _____

FREE \$20 Gift Card

In order to provide yourself with the best running experience, you need to have high quality running gear, shoes, (& bras for the ladies). This gift card provides you with \$20 towards Confluence Running product in-store and online.



This is your chance to feel your best, decrease chafing or blisters, and change recurring cycles of injury or learn what you need to do to avoid it as much as possible. Get fitted today at Confluence Running. We're waiting to meet you in Binghamton, Corning, or Goshen NY.

Redeem this coupon at any Confluence Running toward \$20 in product.
\$20 Value

Exp. _____

Cannot be redeemed for cash. Not valid on previous purchases