



Rick Meyers-owner of The Runner's Sole, ultra-marathoner.

Training & Racing programs from monthly to multi-day events are available. Programs are designed to be specific to you and your goals and not a cookie cutter style program. I will meet with you and discuss your abilities, goals, and potentials, then design a program just for you. Access to me will be through many different media and will be on an as needed basis. Proper form coaching is included to reduce the risk of injury therefore allowing you to train at a higher level. If interested, please contact me to set up a consultation.