

Pat Carroll



Online Running Coach

Hi Greg,

Karen contacted me and it has been arranged that I will be your personal online running coach for a 20 week period. At your convenience can you please forward all of your relevant details to me via the following online form:

<http://www.patcarroll.com.au/signup2.htm> .

Please feel free to take up this offer at any time. There's no pressure to sign up immediately.

I'm looking forward to working with you and helping you achieve your goals Greg.

Cheers



Pat Carroll
Online Running Coach
www.PatCarrollOnline.com

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