

# Wow! Moms In Motion

Moms In Motion is a national women's health and fitness community based on Fun, Fitness, and Philanthropy. Women of all ages and abilities can join a fitness team that meets their current needs. Team training overseen by volunteer coaches, members follow a fitness program that ends in a culminating event to help support a charity in their local community.

## Seattle Eastside Running / Walking Team

The Sammamish team meets every Saturday morning between 7:00 and 7:30 at various locations on the Eastside. Information regarding meeting sites, is sent weekly via email.

## Team Description

Our running/walking team provides a fun, supportive and structured environment to help women from a variety of fitness backgrounds improve their skills and overall health. This team will help motivate each member to take time for their personal health and provide a support network for achieving their fitness goals.



## Spring / Summer Season 2006

Our season includes training for and participation in:

- Mercer Island Half Marathon
- Issaquah Sprint Triathlon
- Seattle Danskin Half Triathlon

Visit our website for more information:  
[www.momsmotion.com](http://www.momsmotion.com)

**Sammamish Team Leader:**  
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