



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GET UP OFF THAT COUCH AND RUN!

COUCH TO 5K RUNNING CLUB

Superior Douglas County Family YMCA

Have you been thinking that you'd like to give running a try, but you're not sure how to get started? If you like to be around other people at a similar level of ability, then this is the perfect opportunity for you. Each week will have a different goal, and you'll have "homework" during the week.

This program requires a minimum registration of 10 people. There is no minimum age, but participants will need to have the minimum ability to walk at least 1 mile. The class is a great way to prepare for the Fall Frolic 5K on Sept. 9th.

WHEN:

Sundays, July 8—August 12

TIME:

6:00pm—7:00pm

LOCATION:

Millennium Trail in Billings Park
28th St & Wyoming Ave

COST:

\$20 for Members

\$40 for Non-Members

FOR MORE INFORMATION:

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**Fall Frolic 5k & 1-Mile
Run/Walk**

Sunday, September 9th