



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HELPING YOU EVERY STEP OF THE WAY

5K Training Program WACO FAMILY YMCA

Running a 5K can feel like a great accomplishment, but the training can be a daunting task. Join the YMCA coaches for a 5K training program that will have you race ready in 5 weeks. The program includes:

- Group runs with a pace setter
- Classes on nutrition and complementary exercises
- Dri-fit t-shirt
- Race entry for the LIVESTRONG® at the YMCA Race on Oct. 7, 2017.
- Pre-race dinner tickets can be purchased for a \$12 (regular cost is \$15).
- Registration ends Aug. 24th.

DATE: Thursday and Saturdays Aug.28-Sept. 30, 2017
TIME: 6-7:30 p.m.
FEES: \$60 for members, \$80 for nonmembers
LOCATION: WACO FAMILY YMCA
CONTACT: Carla Browning
LIVESTRONG At The YMCA Coordinator
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LIVESTRONG®

AT THE YMCA