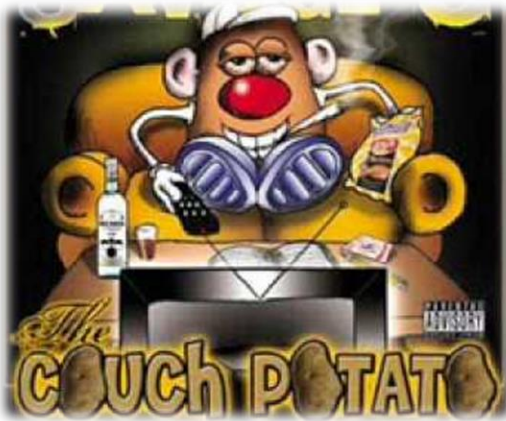




Presents.....

Couch to 5K

“Judgement Free” Beginner Running Class



Have you always wanted to run but don't know where to start? Join us for an 8 week class and become a runner! You'll get:

- A one year membership to the Florida Striders Track Club
- A one on one mentor to help you through the class
- Several weekly groups runs to choose from
- No requirements to attend sessions – work it around your own schedule
- Three training plans to choose from depending on your current level of fitness
- A great group of people to interact with and receive encouragement from – all ability levels welcome
- Finisher medal and goody bag at 5K race (walking OK!)

Cost: \$25 (additional family members free)

Start Meeting: September 12th, 7pm at St John's Country Day School Track on Doctor's Lake Drive in Orange Park

Race Day: November 17th (location to be announced)

Register: <http://www.floridastriders.com/running-classes/>

For more info, call Vicky Connell at 904-707-8469