



## **TRAIN FOR THE 5K TURKEY TROT!**

☆**NEW**☆

### **From the Couch to a 5K**

*Dale Fingar*

Attention non-runners! Have you ever wanted to participate in a 5K (3.1 mile) event but didn't know where to start? It's time to stop spectating and start participating. You CAN cross the finish line but you have to start somewhere. The group meets twice a week for 35-45 minutes, and runners are expected to practice a third day on their own. Runners will progress from walking to jogging while increasing distances until able to run without stopping. Dale will teach stretches to stay injury-free and how to train your body and mind to cross the finish line! The group will run as a team in the Turkey Trot (not a requirement) – the race registration fee is not included. Please bring water and wear comfortable exercise clothing and shoes.

#### **A20-18**

Mondays & Thursdays

16 sessions

September 24-November 19

9:30-10:15am

#### **\$99**

Trail Parking Lot

Adams St., Medway

No class October 8

Register now at [www.medwayce.org](http://www.medwayce.org); select **Online Registration: FamilyID**.