



**UPPER VALLEY RUNNING CLUB with
LEBANON RECREATION & PARKS presents...**

COUCH TO 5K!

New to running?

This introductory program literally walks then runs you through the basics. Designed with the out of shape or beginner in mind. Adults only please.

10 WEEKS TO A 5K!

DATES: Kick off Meeting - August 1st, 7:15 pm
Cioffredi Physical Therapy 112 Etna Rd, Lebanon
Training - August 7th - October 9th
Final Event - October 14: CHaD 5k, Hanover

DAYS/TIMES:

Tuesdays: 6:30pm-7:30pm - Hanover High Track
Saturdays: 8:00am-9:00am - Omer and Bob's, Lebanon

PROGRAM LEADERS: Mary Peters & UVRC volunteers

FEE: \$45, includes coaching, race entry, race shirt,
free UVRC membership for 2018

TO REGISTER FOR PROGRAM AND/OR UVRC:

www.LebanonNH.gov/recreation

QUESTIONS?: Paul Coats
Paul.Coats@lebcity.com

