



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GET UP OFF THAT COUCH AND RUN!

## Auburn YMCA-WEIU Couch to 5K Program

Have you ever wanted to run a 5K but didn't think you could? Join us in our "Couch to 5K" program on your way to crossing the finish line. This program meets twice a week and introduce you to running through intervals of walking and jogging.

**When:** March 19-May 27

**Time:** Mon. & Wed. 6-7:00pm

**Fee:** Y-Members: \$60

General Public \$120

Fee Includes shirt and race fee

**Location:** Auburn YMCA-WEIU  
27 William Street  
Auburn NY 13021

- Program led by Greg Stowell

- Goal is to participate in the Majorpalooza Catch Me if You Can 5K in Auburn on May 27



For more information contact  
Danielle at 315-253-5304 or  
Danielle@auburnymca.net.



Auburn YMCA-WEIU  
27 William Street  
Auburn NY 13021  
315-253-5304  
www.auburnymca.org