



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# GET UP AND RUN!

## Auburn YMCA-WEIU Couch to 5K Program

**When: September 24–December 8**

**Time: Mon. & Wed. 6–7:00pm**

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

**General Public \$120**

**Fee Includes shirt & race fee**

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

■ 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 will  
■ introduce you to running through  
■ intervals of walking and jogging.

Program led by Greg Stowell

Goal is to participate in the It's a Wonderful Run 5k on Dec. 8 in Seneca Falls, NY

### 2018 Auburn YMCA Couch to 5k Registration Form

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_ Shirt Size: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ E-Mail: \_\_\_\_\_

Emergency Contact Name/Number: \_\_\_\_\_

I hereby authorize emergency medical treatment to be administered. I hereby release and hold harmless the Auburn Y, sponsors and supervisors. In case of injury, I hereby waive all claims against the organizers, sponsors or any of the supervisors appointed by them.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

For more information contact Danielle at 315-253-5304 or [Danielle@auburnymca.net](mailto:Danielle@auburnymca.net).  
Auburn YMCA-WEIU. 27 William Street. Auburn, NY 13021. 315-253-5304. [www.auburnymca.org](http://www.auburnymca.org)