



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



GET UP AND RUN!

Auburn YMCA-WEIU Couch to 5K Program

When: March 18–May 26

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 Majorpalooza 5K

2019 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.
Auburn YMCA-WEIU. 27 William Street. Auburn, NY 13021. 315-253-5304. www.auburnymca.org