

# COUCH TO 5K TRAINING PROGRAM



*We want to help you put your best foot forward, get in shape and complete a 5K!*

## WHAT IS IT?

A training program to prepare you to complete a 5 kilometer run. Our program is designed to prepare you for the Law Day Run 5k on April 29, 2017.

## WHO CAN PARTICIPATE?

Everyone! Even if you've never run a mile in your life, you are encouraged to show up! And feel free to bring the family! Strollers are allowed.

## HOW DO I GET STARTED?

Come to the Informational Meeting 6pm, **Feb. 20** at the Nichols Center (Room 107, 515 East D St, Belleville, IL)—OR—just show up at the Belleville East High School track on **Feb 27** at 6:15pm, ready to walk/run!

## WHEN AND WHERE IS IT?

6:30pm every Monday at the Belleville East track from February 27—April 24, 2017.

## HOW MUCH DOES IT COST?

**Option #1:** \$30 for a 9-week training program, Law Day Run 5k Entry & T-shirt (obtained at a discounted rate), and BRC Couch to 5k T-shirt\*\*

**Option #2:** \$10 for a 9-week training program and BRC Couch to 5k T-shirt\*\*

## WHERE CAN I GET MORE INFORMATION?

The application and training schedule are online: <http://bellevillerunningclub.com/training-beginner/>



## WHAT IS THE BRC?

The Belleville Running Club (BRC) is a non-competitive, non-profit running group based in Belleville. BRC was founded in 2005 to establish a running club open to individuals of *all* athletic abilities and experience levels. We have a diverse group of runners who run a wide range of paces. We meet on a regular basis in or around Belleville. BRC is active in supporting and participating in the improvement of the health and fitness of our community.



\*You must attend at least 5 sessions (or 50% if any are cancelled due to weather) to receive your T-shirt. In other words, you must do some of the work before you get your shirt!

A chiropractor from Chiro-Med Health and Wellness Centers (618.235.3200) will be available at the Informational Meeting to answer any questions.

