

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. Participants will have the option to participate in one of several suggested 5K events (5K race entry not included).

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. 19 at the Nichols Center (Room 107, 515 East D St, Belleville, IL)—OR—just show up at the Belleville West High School track on Feb 26 at 6:15pm, ready to walk/run!

WHEN AND WHERE IS IT?

February 26—April 23, 2018 each Monday at 6:30PM
At the Belleville Township High school West Track

HOW MUCH DOES IT COST?

Option #1: \$20 for a 1 Year Membership to the Belleville Running club, 9-week training program, and BRC Couch to 5k T-shirt

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

Why join the Belleville Running Club?

With walkers and runners of all ages and paces the Belleville Running Club can help you meet your exercise goals in 2018! Membership also includes race discounts, 10% off all BRC gear/merchandise, 10% off purchases from Toolen's Running Start in Shiloh, and 15% off purchases from RunningWarehouse.com

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.