

THE COUCH TO 5K FALL EDITION

- ▶ The couch to 5K Program is designed to turn a person of any physical condition into a 5k runner.
- ▶ This program was offered once before and resulted in 17 people participating in The Kingston Color Run after the 8 Week program
- ▶ The “Fall Edition” will have an end goal of *The Night Color Run in Montreal October 1st 2016.*

PROGRAM DETAILS
Monday's & Wednesday's
6:30AM & 5:15PM

Friday's
6:30AM

Meet at the Cenotaph



*For More information please contact Steve at
the Health Centre (705) 657-2557*

Or Mindy at (705) 657-3432

*Be sure to like The Curve Lake “Couch to 5k” on
facebook for updates*

