

Couch to 5K

Running Group

All Ages Welcome

Join us and train to run a 5K race!

Training starts May 7, 2018 and ends September 5, 2018

Our goal is to run the Annual Longboat Toronto Island Run on
September 9, 2018

Training for the run starts off slow and advances little
by little every week, you go at your own pace!

Dates: Mondays and Wednesdays starting May 7th

Times: 5:00pm – 6:00pm

With the exceptions of May 21, July 2, Sept 3, August 6

Location: The blue walking track (1735 4th Line) behind the
community hall

For information and to register contact Robin or Barb

There is no cost and registration for the race is covered

At 519-445-2143

