

Goal race for
this session is
the 10th
Annual
'Johnny's Run
5K'! All
finishers
receive a
medal!



GET FIT

Greater Cleveland XC Beginning Running Program

Weekly support
meetings with
training plan and
experienced
mentors to insure
your success in
becoming a fitness
walker/runner

Ready to take the first step toward fitness and wellness? Want to run your first 5K or a stronger race? Then this program is for you! GET FIT is a running based program designed for those who are new to walking/running for fitness, those getting back into walking/running after an injury or time off, those looking to improve their running, or for some camaraderie and support in working towards a better running experience. Our goal is to help you safely get started and improve your running and continue supporting you through your first 5K and beyond to develop your fitness, strength and wellness.

**10-week program fee of \$100
includes:**

Weekly meetings which will include
fitness, running and nutrition
education and support

Walking/running plan and
experienced mentors to get you
properly introduced to this lifetime
activity

'Get Fit' running swag

*Discounted fee for goal race is due
separately from program fee

Program Start Date

Wednesday, March 21st, 2018

6:00-7:00 pm

Concord Starbucks

7639 Crile Road, Concord

**Register Online at
greaterclevelandxc.com**

Any questions - please email:
scinto@secondsoleohio.com

