

# Couch to **5K** **CHALLENGE**



**APPS:** COUCH TO 5K & MAP MY RUN

## **WHEN**

**JUNE 28–AUGUST 26**

**EVERY TUESDAY, WEDNESDAY, & FRIDAY**

**6:00 P.M.**

## **WHERE**

**BLUEFIELD CITY PARK**

**(MEETING AT TENNIS COURTS)**

## **RACE DAY**

**AUGUST 27 @ 9AM DOWNTOWN BLFD, WVA**

**TWO VIRGINIAS 5K CHALLENGE @ THE CLOCK!**

**REGISTRATION + MEET & GREET**

**JUNE 28TH @ 6PM**

**@ THE TENNIS COURTS NEAR CITY PARK**



# Free

## 9 WEEK

## 5K

### TRAINING PROGRAM

## CALL TO SIGN-UP TODAY!

### 304-327-2448

## **BENEFITS**

- ⇒ **Completing a 5K!**
- ⇒ **Improved overall health**
- ⇒ **Weight loss**
- ⇒ **Increased energy levels**
- ⇒ **Stronger heart and lungs**
- ⇒ **Relationship Building**
- ⇒ **& Much More!**

## **Stay**

## **Connected**



# City of Bluefield Parks and Recreation & Alpha Media USA