



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



KING TURKEY DAY 5K & 10K TRAINING PROGRAMS

5K

NOVICE 1b

5K

INTERMEDIATE

5K

ADVANCED

5K

NOVICE 1a

**CHOOSE THE
PLAN THAT
WORKS FOR YOU**

Join a group of various
experience levels to
share in King Turkey
Day Training

10K

NOVICE 1a

10K

ADVANCED

10K

INTERMEDIATE

10K

NOVICE 1b

Sign up to participate in a comprehensive 12 week training program for King Turkey Day. Whether you are a veteran runner, weekend warrior or just getting off the couch; there is a program for you!

- ◆ Informational meeting Tuesday June 12th, 5:30pm at YMCA
- ◆ Programs begin June 25th
- ◆ Reduced Registration Fees
- ◆ Tuesday & Thursday Group Trainings
- ◆ Group Speakers on Nutrition, Foot Care, Proper Foot Wear & Injury Prevention

Member Fee: \$30.00
Non-Member Fee: \$55.00

REGISTRATION NOW OPEN