



YES YOU CAN Run or Walk With the Y

For Fun, Fitness, and Friendship

**12-Week Program Leading to the Y's Jingle Bell Run 5K
December 17th, 2011**

**Beginners: learn how to run or walk your first 5K
Intermediate: work to improve your time**

- **Training program tailored to your ability**
- **Race entry fee including Jingle Bell 5K Shirt**
- **Free child care**
- **Guest speakers**
- **Free YMCA Run Club or Walk Club singlet**
- **Special event notification**



Informational Session -- Saturday, September 10, 9:00 a.m.

**Weekly group training begins Saturday, September 24, 7:00 a.m.
to 8:30 a.m.**

**For more information, please contact Cynthia Washam, Run Club Coordinator at 772-334-1834 or
Tanya Gabbett, Wellness Director at 772-286-4444 ext. 244**

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