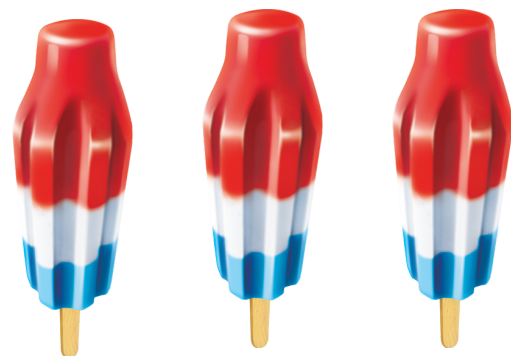


# COUCH TO 5K

## Frozen Fun Run

### June 21 at 7:30 AM



Couch to 5K is a 6 week program designed to get just about anyone from the couch to walking, jogging, or running a 5K. The schedule requires 3 workouts a week and will end with participating in the Frozen Fun Run!

Workouts will be held where the Frozen Fun Run will take place, so we will meet at Olson Cultural Event Center for every workout!

#### Includes:

- Accountability group
- Training material
- "Frozen Fun Run" 5k registration
- Race tshirt for extra \$10

#### 6 Week program

**May 5-June 21**

Monday, Wednesday, and Fridays  
7:00-7:45 AM

#### Questions?

[jadenh@lemarsymca.org](mailto:jadenh@lemarsymca.org)

#### Race Info:

Visit [RaceRoster.com](http://RaceRoster.com) and search for Le Mars Frozen Fun Run

#### Registration

YMCA Members: \$55  
Community-\$65

Register Here:

