

Y RUNNING CLUB COUCH TO 5K TRAINING



Train for a 5K and condition your running gradually. This six-week program will help you build up to run 3 miles (5K) on regular basis!

WHERE: Meet in the Red Bank Family YMCA lobby and run locally

WHEN: Weekly, Fridays at 7 a.m. starting May 6 through June 18

GRADUATION: Saturday, June 18, 2022 at the Red Bank Classic 5K running through downtown Red Bank.



RUNNING CLUB COST:	MEMBER PRICE	NON-MEMBER PRICE
with/without Red Bank Classic	Free	\$10



Red Bank Classic 5K Registration

JAN 1-JUNE 1 \$40 | JUNE 2-18 \$45

Proceeds of this event support youth programs of the Red Bank Family YMCA.

**TO REGISTER
for Red Bank Classic,
PLEASE VISIT
<https://redbankclassic.com>**

To join our run team for race day & to get the t-shirt, contact **Jessica MacDonald** at ext. 219 or jmacdonald@ymcanj.org.

