YRUNNING 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.

831

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.



422-6135-RB\

YMCA OF GREATER MONMOUTH COUNTY

Red Bank Family YMCA 166 Maple Avenue Red Bank, NJ 07701

732.741.2504 membership@ymcanj.org

YMCANJ.org

Here for all. Financial assistance is offered based on availability of funds.