



Spring 2017 Beginner Runners Program!

Come join our “get off the couch” 10-week program for beginning runners

April 25, 2017 – July 8, 2017

Whether you are new to running or trying to return to running, this is a program for you. This class is intended for adults and families with children (age 10 and up) who are looking to “get off the couch-with no running experience at all” and do a 5K (3.1 miles) distance in a 10 weeks.

Participants should be capable of walking briskly for 20 minutes and should check with their health care professional prior to starting any fitness program.

When and Where

Every Tuesday, Thursday 6 PM and Saturday 8 AM (Bates Athletic Complex – Weems Whalen Field Track 935 Spa Road Annapolis, MD 21401, beginning Tuesday, April 25, 2017.

Membership and Registration

You must be a member of the Annapolis Striders (\$25.00/year) to participate in this class. Membership online at www.annapolisstriders.org “Membership/ Join or Renew Online” If you are already a Striders member, then class is free but you need to register for the class. Go online to register at www.annapolisstriders.org “Training Programs/5k Beginner”. **No paper registrations accepted!**

Program Goal

The program goal is that for all who finish the program to complete the Striders Women’s Distance Festival 5K (women only) (3.1 miles) or the Run After the Women 5K (men only) race which will be held Saturday, July 8, 2017 at West Annapolis Elementary School. **Registration and fees for this race are separate and not included in this program.**

Your Coaches - Spring5kTraining@annapolisstriders.org

Certified RRCA Running Coaches Paul Thorn and Debbie Dirks.

Program Schedule, News and Updates on Facebook

To see the class running schedule, programs updates and get in on the discussion join our [Facebook "Annapolis Striders 5K Class" page.](#)