



Winter 2018/2019 Beginner Runners Program!

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

December 2, 2018 - February 9, 2019

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 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 6 PM (Annapolis High School Track, 2700 Riva Rd Annapolis, MD 21401), Thursday 6 PM (Anne Arundel Community College, 101 College Pkwy Arnold, MD 21012 Center for Applied Learning and Technology (CALT) building lower lobby) and Sunday 8 AM (Bates Athletic Complex – Weems Whalen Field Track 935 Spa Road Annapolis, MD 21401, beginning Sunday, 8 AM, December 2, 2018.

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 Annapolis Striders Valentine’s Day 5K race which will be held on the second weekend of February at Kinder Park Farm. Registration and fees for this race are separate and not included in this program. Attendees of 10 sessions receive a technical shirt.

Your Coaches - Winter5kTraining@annapolisstriders.org

Certified RRCA Running Coach Paul Thorn.

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.](#)