

## RUN YOUR FIRST 5K WITH CVRA

Never thought you could be a runner? Now is the time to change that perception and change your life. We can help you run your first 5k, safely and effectively.

**Details:**

**Who:** You\*

**What:** CVRA Couch to 5k Program

**When:** Wednesday nights at 6pm, starting July 13. The class will end September 7, just in time to run your first 5k with CVRA at the Swamp Fox 5k in Marion September 10.

**Where:** Running Wild, 1950 Dodge Rd NE, Cedar Rapids

**Why:** You know you've secretly always wanted to be a runner. We're here to help.

\*anyone under 16 must be accompanied by a parent

For only \$30, you get:

- 9 week Couch to 5k training class
- FREE annual membership to CVRA
- FREE CVRA race entry (just in time to run the Swamp Fox 5k!)

Register online at <http://www.cvra.net/couch-to-5k>

or

Fill out the following and mail with your \$30 to:

Cedar Valley Running Association

P.O. Box 1341

Cedar Rapids, IA 52406-1341

(You can also just bring this entry form and your payment to class with you).

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY, ST, ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_ AGE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

NOW IS THE TIME TO CHANGE YOUR LIFE