

New dates and time!
Couch to 5K
Running Program for Township Employees



Learn to jog, or train to improve your speed and endurance!

Beginners will start with very short intervals of walking and jogging, and will gradually build up jogging time. **Experienced runners** will have the option of doing intervals, drills, endurance runs or the novice's workout.

Join us to exercise in the fresh air among new friends! In June, **everyone** will be able to complete a 5K (3-mile) race. Diane has trained hundreds of children and adults to jog 3 miles. She'll help you succeed too!

Dates: Mondays and Thursdays, June 6 – July 28, rain or shine

Place: Skillman Park, on the field adjacent to the playground at Village Elementary School

Time: 4:45pm – 5:45 pm

Cost: \$35 *Complete the series and you could win a \$50 gift card!*

Friends and family may sign up if space permits. Made possible by a grant from CJHIF

Instructor: Diane Fay is a personal trainer and running enthusiast who has coached a variety of sports programs since 1981, including Girls on the Run, Girls on Track, Boys Run for Fun, Couch to 5K Running Program for adults, field hockey, and lacrosse. Diane has completed many races of various lengths, including two marathons.

Sign up at the Health Department in the Montgomery Municipal Building.

Questions: Call 908-359-8211 x227, or e-mail health@twp.montgomery.nj.us .