



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# EASY WAY to a 5K & 10K

## WALK ... RUN ... SOAR!



Structured running program to help you cross the finish line in less than 10 weeks! While the program focuses on beginners, all levels of running and walking welcome. Along the way you will be provided with motivation to keep you moving. Committed to helping you reach the finish line, YMCA staff will offer you guidance and advice, weekly group training runs and walks that start at the YMCA, and educational handouts on topics such as proper nutrition, choosing the right running gear, and avoiding injury. The BONUS - you'll be training alongside others just like you, turning a fitness buddy into a friend.

**WHEN:** Begins week of March 11 (5K: 8 Weeks & 10K: 19 Weeks)

Northern Berkshire: Wednesdays @ 5:00pm and Fridays @ 5:00pm

Pittsfield: Tuesdays @ 5:00pm and Thursdays @ 5:00pm

**PROGRAM COST:** 5K: \$50 Members/\$80 Non-Members

10K - \$100 Members/\$150 Non-Members

**CONTACT:** Northern Berkshire Branch: Brandon R., 413-499-7650 x233, brousseau@bfymca.org | Pittsfield Branch: Chris W., 413-499-7650 x111, cwitruk@bfymca.org

**LOCATION:** Northern Berkshire Branch, 22 Brickyard Court, North Adams  
Pittsfield Branch, 292 North Street, Pittsfield