



READY, SET, RUN.

RUNNING GROUP

FOR ALL LEVELS AND EXPERIENCES

Train for a 5K, 10K, or Half Marathon
In a fun, safe, supportive, coached group designed to meet your needs



\$75 Facility Members
\$85 Program Members
\$100 Non-members

Sign up in membership!

Dates: 10 weeks—February 20th – April 28th
Culminating in the Marin County 5K, 10K, Half Marathon Race

Times: Tuesdays at 5:30pm, leaves from the Y
Saturdays at 9am, meets in various locations
*mandatory interest meeting Thurs. 2/15 at 5:30pm

Questions? Contact Rachel Marcus, Health & Wellness Director
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