



# 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

**Interest Meeting**  
**Weds., July 18th @**  
**5:30pm**  
**Email Rachel to RSVP**  
**Or express interest**

**\$90 Facility Members**  
**\$105 Program Members**  
**\$120 Non-members**

**Sign up in membership!**



### Dates:

**August 1st—Oct. 20th (12 weeks)**

**Culminating in the Cloverdale Vineyard 5K, 10K, Half Marathon**

**Race Date: Oct. 21st (separate entry fee for race)**

### Times:

**Weds. @ 5:30pm with Angela, leaves from the Y**

**Sat. @ 9am with Rose, meets in various locations**

**Questions? Contact Rachel Marcus, Health & Wellness Director**  
**rmarcus@scfymca.org, 707-545-9622, ext. 3122**