



### **Couch to 5K Training**

A 9-week running program designed to get you off the couch and on the road.  
For walkers or beginner runners.

Your speed doesn't matter, only your desire to improve week by week. We'll start out with walking and running and progress to running an entire race.

#### **Benefits:**

- Expert training
- Group runs
- Accountability
- Weight loss
- Individual training plan
- Overall health and fitness



**Requirements:  
Running Shoes**

Members will be encouraged to registered for Charles Towne Landing 5K on July 13, 7pm

**When:** Thursday, May 18-July 13  
First night:—meet and greet  
Held in Gym 1

**Time:** Thursdays 6:30-7:30pm  
Weekend fun runs (Saturdays or Sundays)  
Dates, times, and locations to be announced by Instructor

**Where:** Goose Creek Community Center  
519-A N. Goose Creek Blvd.  
Goose Creek, SC 29445

**Contact:** Sylvia Reid  
843-569-4242, ext. 5291  
sreid@cityofgoosecreek.com

**Fees:** \$50/residents  
\$60/non-residents

*Tracy Barthold, a certified personal trainer and group fitness instructor, has been in the fitness industry for over thirty years.*

*She has been an avid runner for the past ten years. Some of her runs include the Kiawah Marathon, Charleston Half Marathon, Sumpter Sprint Triathlon, San Diego Half Marathon, Philadelphia Half Marathon, and over 50 local 5K's.*

*Her goal is to set up an individual plan that will get you off the couch and on the road to your first 5K.*

**For more information visit [www.goosecreekrecreation.com](http://www.goosecreekrecreation.com)**