



5K TRAINING PROGRAM

AUG 30
-TO-
OCT 18

Waterford Oaks County Park
5:30 pm | Every Wednesday
at Paradise Peninsula

\$40 per person
(family members welcome)



Included in program:

- 8 weeks of program instruction with trained group leaders
- A minimum of 2 speakers with emphasis on proper shoes and clothing, stretching, nutrition, injury prevention will be scheduled
- Discounts at Hansons Running Shops
- Training Calendar
- Emergency contact shoe tag
- Weekly emails with information on running and walking, hydration, stretching, proper clothing, safety and more.
- Free entry into a local 5k race
- Socially Motivated Wellness Facebook group for all those in training programs.

Sue Barnes, owner of Socially Motivated Wellness (SOMO), has over 20 years of running experience with races from 5k (3.1 miles) to 50K (31 miles). She is passionate about running and very active in the running community. Over 800 people in SE Michigan have trained with her SOMO program since beginning in 2016. To learn more about her programs, visit: sociallymotivatedwellness.com

To register visit: OakGov.info/C25K-23