

Couch-to-5K® Training Program

Want to be ready to run with the Spirit Sprinters
in the Reindeer Romp 5K Race?



Register online at www.catawbaindian.net
and look for the link in the News Section.

Spirit Sprinters



sata huri - run strong



Training Dates:

Oct. 6th – Dec. 3rd

Reindeer Romp Dec. 5th

Training Program:

The Couch-to-5K®

Running Plan

Open To:

Teens and Adults

Race Fee Provided

Complete the Couch-to-5K
training program and
your race fee and team
t-shirt will be provided

FREE of CHARGE

Contact:

Heather at the Clinic

372-5661 or 366-9090