

**Think you can't run a 5K?
THINK AGAIN!
SANDYSTON RECREATION
Wants YOU!
(that's right... YOU... on the couch)**

Join us for our COUCH TO GOBBLE HOBBLE 5K training sessions!

WHERE: Sandyston Township Municipal Building

WHEN: Every Sunday beginning October 15, 2017 through November 19, 2017

TIME: 8:00AM – 8:45AM

INFORMATION

AND SIGN UP: Contact Patti Bussow at pbussow@aol.com by Thursday, October 12, 2017



PARTICIPANTS WILL RECEIVE A T-SHIRT AND OUR TOP FINISHER ON RACE DAY WILL RECEIVE AN AWESOME PRIZE!