

5K Training Camp!

Brought to you through SCS Parks and Rec and the Sailing Thru the Shores 5K race directors, this camp offers you the opportunity to train in a group setting, right in your neighborhood!

Whether you are a returning participant, or are new to training for a 5K (which, by the way, is 3.1 miles!), you are guaranteed to become more fit, more motivated, make new friends, and legitimately run or walk a 5K race!

FIRST MEETING / OPTIONAL TRAINING: Tuesday, April 19th, 6 PM • SCS SENIOR CENTER, CIVIC ARENA

- The camp will run **Tuesday and Thursday evenings from 6 - 7 pm**. Schedule with training locations will be available at the first meeting. Camp runs from Tues. April 19th through Thurs. May 26th, culminating in participation in the 5th Annual Sailing Thru the Shores 5K (Sunday, May 29th @ Noon, before the SCS Memorial Day Parade)
- **\$55** fee includes: training with qualified coaches, 5K race registration, and a partial membership to Powerhouse Gym on Harper in SCS for the duration of the camp!
- Register by filling out the back of this form and registering at the Parks and Rec desk at the SCS Civic Arena. **Cost is \$55 and checks can be made out to “St. Clair Shores Parks and Rec.”**
- Questions or concerns? Email us at mcharow@wowway.com, we welcome all ages and fitness levels and will do our best to help you achieve your goal! We look forward to training with you!