



# Couch to 5K

Price increases August 6. Register early to save!

**August 27-October 20**  
**All ages. All Levels.**  
**\$100 includes:**

- 8 weeks of coach-led group runs/walks 2/week
- Tuesdays, 6 p.m. @ Running Lab in Brighton
- Sundays at 7:30 a.m. in WL
- Weekly guided training plan
- Program will build up to the Detroit Free Press 5k on Saturday, October 20 (race entry not included in cost)
- Parent participation required for runners 15 and under.

**Program Kick Off**  
**August 27, 7:00 p.m.**  
**WLHS Outdoor Track**  
**Come prepared to walk/run**



### Meet Your Coach!

Coach Kimberly is an exercise physiologist and a certified personal trainer. In addition to running, she loves all forms of exercise and enjoys coaching and encouraging others to fulfill their fitness goals!

To register, visit [wlps.net/community-recreation](http://wlps.net/community-recreation),  
call 734.449.4461 x3057 or email  
[wlcinfo@wlps.net](mailto:wlcinfo@wlps.net)