



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LONG RUN SERIES

LEARN TO RUN Half-Marathon Training Program

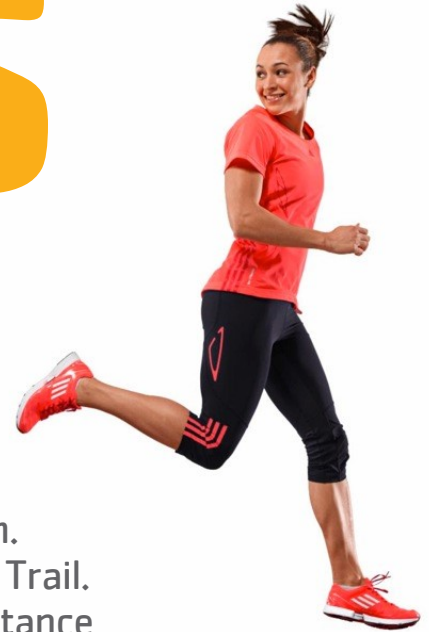
Our weekly long runs will help you prepare to run the York Half-Marathon on Sunday, May 20th! We will begin each run at the York Branch YMCA at 7:00 a.m. Our course will be an out-and-back on the Heritage Rail Trail. The first run is 4 miles and we gradually increase the distance each week.

- All running paces welcome.
- **FREE** to members and **ONLY \$25** for non-members
- Register online or at the membership desk

WHEN: Saturdays, Mar 3 - May 12, 2018

TIME: 7:30 a.m.

LOCATION: YORK BRANCH YMCA
90 NEWBERRY STREET
YORK PA 17401



York Half Marathon details online at
<http://yorkcoymca.org/events/york-marathon/>