



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TRAIN FOR THE TROT

5K Training Program YMCA OF YORK COUNTY

Start your training on the right foot with a run at the YMCA!
Get motivated by running with a group!
During this seven week course, you will progress from walking to running as our instructor teaches you basic running skills.
This is the perfect way to train for the 22nd Annual Turkey Trot!

- All ages and skill levels welcome.
- **FREE** to members and **ONLY \$20** for non-members
- Register online or at the membership desk

TUESDAYS

September 25 - November 22, 2018

8:00 a.m. - 9:00 a.m.

BOB HOFFMAN BRANCH YMCA
1705 Palomino Road
Dover, PA 17315
717-292-5622

Turkey Trot 5K Learn to Run details online at <http://yorkcoymca.org/learn-to-run/>

