

Ever wanted to do a 5K but never had the guts to get off the couch and actually **do it**?

Well, here's your chance.

Join **Foot Zone** in our
Couch to 5K Program!



Too many people are turned off of running simply by trying to start too fast. Their bodies rebel and they end up in misery. Instead, you should ease in gradually. The Cool Running Beginner Program we will be following is not so much a running regimen but is a walking and jogging program. The goal is to transform you from couch potato to 3 mile runner in two months. Skeptical? Come check it out. Interested? Grab your running shoes and join us starting June 9th @ 6p.m. @ the Redmond Foot Zone. Our culminating event will be the

Foot Zone 5K on August 2nd.