

Having Trouble Sticking to Your New Year's Resolutions?

Looking for Something to Help You Stay Motivated?

Want to Meet New People and Achieve Goals Together?



If so, then join the Belleville Running Club's:

Beginner's 'Couch to 5-K' Training Program

*based off of CoolRunning.com's Couch to 5-K program

WHAT IS IT?

A program with dedicated volunteers of runners and walkers of various fitness levels ready to help you reach your goal of running a 5-K.

WHO CAN PARTICIPATE?

Anyone and Everyone! Even if you've never run a mile in your life, you are encouraged to show up! And feel free to bring the family! Strollers *are* allowed!

HOW CAN I PARTICIPATE?

There will be a Meet-n-Greet with members of the Belleville Running Club at the Belleville Parks and Recreation Dept. (510 W Main St) on **February 22nd** at **6pm** - OR – just show up at the Belleville East track on March 1st at 5:50pm, ready to walk/run!

HOW MUCH DOES IT COST? Absolutely nothing!

HOW CAN I FIND OUT MORE?

Check out our website at: <http://www.bellevillerunningclub.com/beginner.html> or email us at beginner@bellevillerunningclub.com.

WHO WE ARE:

The **Belleville Running Club** is a **non-competitive running group** based in Belleville, IL. It was founded in 2005 with the goal of establishing a running club that is open to individuals of all athletic abilities and experience levels. We meet on a regular basis in or around Belleville. We aim to support and participate in the improvement of the health and fitness of our community. Our ultimate goal is to have a diverse group of runners who run a wide range of paces.

