



UNITY STAMPEDE COUCH TO 5K

Get off the couch and onto the road with this couch to 5K plan!

When: Beginning February 27, 2018 (Tuesdays and Thursdays) Ends April 26, 2018

Time: 5:00 pm CST each night

Length: 9 Weeks

Where: Opelika Sportsplex Outdoor Paved Track

Who: Anyone that wants to get moving!

How: Register with Amy Rogers by emailing her at arogers@suscc.edu. A confirmation email will be sent to you shortly. Additional Contact Info: 334 745-6437 ext: 5530
If you leave a voicemail, please leave your name, subject, phone number and email address.

Cost: \$0 – No Charge!

Instructor: Bob Banks

Contact for Questions: Amy Rogers (arogers@suscc.edu) 334 745 6437 ext: 5530

Notes: Meet outside at the amphitheater February 27, 2018 at 5:00pm. Wear comfortable clothing and running shoes. Bring something to drink.

Goal: To be ready for the Unity Stampede 5K on Saturday April 28, 2018