



# 5K CLUB

## Info

Get in shape for the Spring-Ford 5K or any other spring race. The 5K club will meet 2-3 times a week and will accommodate runners of all ability levels. We will begin workouts March 1<sup>st</sup>. An announcement will be made in February with more details.

GET 5K FIT IN 4  
WEEKS!

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GET IN SHAPE FOR  
SPRING SPORTS!

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BE HEALTHIER!

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BE HAPPIER!

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BE A BETTER YOU!

See the following teachers  
for more info:

Mr. Butterweck – Room 250

Mrs. Malone – 272

Mrs. Bower - 142