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FREE!

**EVANSTON
RUNNING CLUB**

0 to 5K

TRAINING

12-WEEK WALK-TO-RUN PROGRAM

Gradually train to run a 5K!

Program includes: training plan, group runs, coaching & more

Sundays (7:30am) starting March 24th

SPONSORED BY:

Register at
tinyurl.com/erc0-5K2024

