

SEPT 9-  
OCT 20



**BEGINNER TO 5K PROGRAM**  
JOIN IN ON THE FUN  
IF YOU CAN WALK, YOU CAN RUN

Contact Coach Jackie at  
[WTFrunning@yahoo.com](mailto:WTFrunning@yahoo.com)  
for more information

Will take place at Dunkerhook Park, Paramus, NJ  
Graduation Race is the Paramus Run on October 20,