



Greater Framingham Running Club

Couch to 5K 2019

The Greater Framingham Running Club will be offering a “Couch to 5K” Program for men and women of all ages who are interested. This is for people who feel as though they are “out of shape” (whatever that means to them) and who want to go through a gradual, self-paced group training program that will culminate in running a 5K (3.1 mile) road race in mid-June. Jogging strollers are welcome too!

Weekly group workouts led by mentors from the Greater Framingham Running Club will take place at the “Chapel Parking Lot” at Cushing Park (80 Dudley Road and located next to Barbieri School) in Framingham at 8am each Saturday, starting on April 20th. In addition, participants will be expected to work out on their own or in meetup groups twice each week. They will be given an 8-week workout plan that will include running and walking for progressively longer intervals.

The first benchmark will be participation in the Greater Framingham Running Club’s Mural Mile Run/Walk on Saturday May 4th and the culminating event will be the Sharon Timlin 5K Race to Cure ALS in Hopkinton on Saturday June 15th.

The fee to participate will be \$40. This includes: a 1-year individual membership in the Greater Framingham Running Club (\$25 value), registration in the Mural Mile Run/Walk (\$20 value), the 8-week training plan, a closed Facebook Group page for tips, Q & A and lots of encouragement, and weekly group workouts with GFRC mentors. The fee will NOT include registration for the Sharon Timlin 5K (\$35).

Anyone interested in participating in the Couch to 5K Program should email Mark Goldschmidt at maq2170@aol.com for the registration/waiver form and so that he can answer any questions.

Anyone interested in just **joining the Greater Framingham Running Club** or registering for the family-friendly **Mural Mile Run/Walk** should go to their website at www.gfrcrun.org.