



UNITY STAMPEDE COUCH TO 5K

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

When: Beginning February 2, 2016 (Tuesdays and Thursdays) Ends March 31, 2016

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 Nancy Bramlett by emailing her at nbramlett@suscc.edu. A confirmation email will be sent to you shortly. Additional Contact Info: 334 745-6437 ext: 5516
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 2, 2016 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 2, 2016