



PTA 5K Training

The PTA 5K Training Program is an 8-week training program that gradually leads up to running (or run/walk) the PTA 5K on October 18th.

How it works

PTA 5K Training participants will receive an 8-week training plan and will be invited to participate in a weekly group run/walk. Participants can choose to attend the weekly group session at the Beaumont YMCA, North YMCA or Pleasant View Park in the Hamburg area (participants welcome to attend more than one training session per week). The training program is recommended for middle and high school students, and adults. Elementary school children may attend the training sessions but must be accompanied by a parent or guardian.

Registration

Register online or mail paper registration form by **Monday, August 24th**. When you register for the 5K, check the box marked "PTA 5K training program." **The training program is free with PTA 5K registration.** Participants will receive a training plan, group run information, a weekly email with nutrition and training tips, and an invitation to join the PTA 5K training Facebook page. Group training runs begin the week of August 24th. <http://pta5k.com>

The PTA 5K Training Program is made available with the help of the UK Department of Kinesiology and Health Promotion, YMCA, Johns Run Walk Shop, and members of local running group John's Striders.

