



City of New Haven

Department of Parks, Recreation & Trees

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John DeStefano, Jr., Mayor

Robert D. Levine, Director

DAVID R. BELOWSKY, PRESIDENT, BOARD OF PARK COMMISSIONERS



From Couch To 5K!

Please join us in a great program! We are looking for people motivated to improve their quality of life. This 9 week program allows any individual living any current lifestyle to succeed. Running indoors will allow for a comfortable environment to participate in!

\$25.00 fee for the entry fee if you don't complete the program Money Will be used to help send a kid to camp.....



Where: Career High School Indoor Track

When: Mondays, Wednesdays, Thursdays 5:45 PM -6:45 PM

Why: After 9 weeks of participation, everyone will be in the appropriate shape to run in the 5K race on April 29th at College Woods Park!

Starts February 13th

If you think you may want to do this don't let the fact that you never ran before get in the way..... Come the first day to check it out...