

Beginner 5K Training Program

Begins Monday, August 29, 2016

Mondays and Wednesdays

6:30 p.m. - 7:30 p.m.

Meet in the Shannon Center lobby at 6:15 p.m.

Cost: \$20 per person*

(Free for SXU Students, Faculty & Staff)



***Cost includes weekly running sessions with group running coaches.**

Cost is \$20 per person regardless of start date. Waivers and money will be collected starting on the first day of the training program (Monday, August 29). No refunds will be available.

This program is intended for adults 18 years of age and older. Enjoy weekly health tips provided by local Cougar 5K sponsors. For more information contact 773-298-3592.



16TH ANNUAL SAINT XAVIER UNIVERSITY
COUGAR 5K RUN/
2016 WALK



Register for the Cougar 5K Run/Walk on Saturday, September 26, 2015

www.sxu.edu Keyword: Cougar 5K