



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

RUN FORWARD, GIVE BACK

Fiesta Days Run Training YMCA OF THE FOOTHILLS

REGISTRATION NOW OPEN!

Learn how to train more effectively with this 8 week training program tailored for anyone who wants to compete in the "Foothill's Fastest Mile" 5K, 10K or 1 Mile Family Fun Run/Walk. Participants will follow a training schedule that will combine strength and track training to get you prepared for the Fiesta Days Run on Monday, May 27th at Descanso Gardens. One of the CV High Track Coaches and a former Division 1 runner for Ole Miss, Alex Lowe will be leading the training!



- WHEN:** April 1st – May 26th
TIME: Mondays at 8:30am and 6:00pm
LOCATION: CRESCENTA CAÑADA FAMILY YMCA
1930 Foothill Blvd in La Cañada
COST: No charge to members
\$20 for non-members
CONTACT: jkendall@ymcafoothills.org

All ages and fitness levels welcome, includes training tips, training plans, and running programs for runners of all ability, comraderie, motivation, and accountability

To register visit www.ymcafoothills.org/fiesta-days and select "Training Run,"
Or call (818) 790-0123, or go to any of the Y's Welcome Centers

The Y is committed to improving the Wellbeing of everyone in our community. Join us by supporting the Y today at

www.ymcafoothills.org



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YMCA of the Foothills is a 501c3 charity. Activities and participation for all is made possible by the contributions of our donors. Please consider a contribution to save and change lives today.