



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MOTIVATING TO ACHIEVE MORE

## River Run Training

Our 10-week program will get you started on the right foot. Our group run will start and finish at the Yates Y on Mondays and Wednesdays at 6:30pm and Saturdays at 8:00am.

Be sure to join us as we discuss topics every other Wednesday, 6:00-6:30pm, to help you exceed your racing goals.

- Training Program Plan (January 2)
- Running Shoe Selection (January 16)
- Nutrition (January 30)
- Running Clothing and Specialty Products (February 13)
- Cross Training (February 27)
- Race Day Preparation (March 5)

It all starts January 2. Visit Member Services for more information and to sign up today!

**YMCA OF FLORIDA'S FIRST COAST**

**Yates Family YMCA**

**FirstCoastYMCA.org**

