



## South Valley Running Club Couch To 5k Program

Want to run/walk your way towards completing your first 5k?  
or are you trying to get back into shape?

**What:** A unique training program to take ANYONE from  
Couch to 5k (3.1 miles) in 9 weeks.

Training program will prepare participants for the Morgan Hill Freedom 5k  
held on the 4th of July (registration not fee included)

**Cost:** \$45 per person. Family discount available.

**Fee Includes:** South Valley Running Club Membership, Couch to 5k t-shirt and  
training

**When:** Saturday April 7th at 8 am at the Coyote Creek Trail Head Entrance  
in Morgan Hill near the Corner of Eagle View Drive and Morning Star Drive.  
Meet at the 0.0 Mile Marker

Training Runs will be held each Saturday at locations in Morgan Hill,  
San Martin and Gilroy.

**For more information and how to register contact:**

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408.665.5020

Facebook: South Valley Running Club

South Valley Running Club: [www.svrchome.org](http://www.svrchome.org)