Getting Active
Couch to 5K is a program designed to help you get active, with a goal of getting you ready to run or walk in one of the many 5K events held in Aroostook County. At the end of the program participants are encouraged to take part in UMPI’s Spring Run Off taking place on Saturday, April 9.

Running Option
Traditionally, the Couch to 5K is a program developed to help people get into running. It is designed to gradually build endurance over a period of 9 weeks with a mix of running and walking. Coach: Sarah Duncan

Walking Option
We are now offering a walking option geared for people who are truly “couch potatoes” and have been mostly sedentary over the past year. It is a great place to slowly start to build a foundation and to get into the habit of an active lifestyle. Coach: Linda Menard

Who Should Participate?
This program is open to the community. If you want to make a positive change in your health and life, please join us. Our coaching staff will help you have a safe, positive experience.

If you have concerns regarding your health, please check with your primary care provider before starting the program.

Program Basics
Run or walk three days/week, with a day of rest or cross-training in between.

Days: Tuesday & Thursday
   Walk/run an additional day on your own.

Times: 6:00 a.m. or 4:45 p.m.
   Choose the time that works best for you!

Location: UMPI Indoor Track

Duration: Feb. 9 - April 15 (9 weeks)

Cost: *$40 for those without a Gentile Hall membership - includes open access to the walking track for 9 weeks
      *Free for those with a current Gentile Hall Membership

Informational Meeting
February 2 - 5 p.m. at Gentile Hall
Join us to learn more about the program, get your questions answered, and register. Participants must sign a liability waiver form upon registering.

Questions?
Running Program: Sarah Duncan, 768-4169
   scaron@emhs.org
Walking Program: Linda Menard, 768-4172
   lmenard@emhs.org

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