



# MARTINSVILLE BULLETIN

## HALF MARATHON, 5K & RELAY

### HALF MARATHON, 5K & RELAY TRAINING TEAMS

HALF MARATHON TRAINING BEGINS JANUARY 14

5K & RELAY TRAINING BEGINS FEBRUARY 11

WHEN: Saturdays at 7:00am

WHERE: Martinsville YMCA or locations TBD

FEE: \$10 for the Half Marathon Group  
\$10 for the 5K and Relay Group

AGE: 12 yrs and up

INCLUDES: Training shirt  
Weekly topics and run  
Training Schedule  
*Plenty of Support and Encouragement!*

**Never run a 5K or Half  
Marathon?  
THAT'S OK!!!! WE  
BELIEVE IN YOU AND  
KNOW YOU CAN DO  
IT!!!!**

Contact [brad@martinsvilleymca.com](mailto:brad@martinsvilleymca.com) or call 276-632-6427 for more information, or stop by the Y.

Title Sponsors



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