

THE MARTINSVILLE HALF MARATHON & 5K

PRESENTED BY



HALF MARATHON TRAINING BEGINS JANUARY 19

5K TRAINING BEGINS FEBRUARY 16

WHEN: Saturdays at 7:00am

WHERE: Martinsville YMCA or locations TBD

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

AGE: 12 yrs and up

INCLUDES: Training shirt
Weekly topics and run
Training Schedule
Plenty of Support and Encouragement!
33% off race entry fee!!!

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

Contact brad@martinsvilleymca.com or call 276-632-6427 for more information, or stop by the Y.

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