



COUCH TO 5K - Walk, Jog or Run 2019 Meet-Up Information

MEET-UP INFORMATION:

We will meet on Tuesday evenings from 6-7 p.m. throughout the 9-week training period. Please see the schedule below for location of meet-ups.

CANCELLATIONS/CHANGES DUE TO WEATHER: (Outdoor workouts only)

Meet-up locations are listed below. In the case of inclement weather for outdoor locations, please contact the Ernsthausen Community Center at 419-663-6775, ext. 2 (front desk) to see if venue has been changed to the Community Center.

INCENTIVES:

Along the way, there will be incentives offered to motivate participants to attend all the meet-ups and complete the program.

WHAT TO BRING:

- *Please dress appropriately for the weather and in comfortable/workout attire and appropriate shoes.
- *Please bring a water bottle/bottled water.
- *Phone if using the APP during workouts.

CONTACT INFORMATION:

Niki Cross, Recreation Director, Norwalk Parks & Recreation, 419-663-6775, ext. 1026 or ncross@norwalkoh.com

WEEK	MEET-UP LOCATION	TIME
#1 October 8	North West Street Trail, Norwalk	6:00 p.m.
#2 October 15	North West Street Trail, Norwalk	6:00 p.m.
#3 October 22	North West Street Trail, Norwalk	6:00 p.m.
#4 October 29	North West Street Trail, Norwalk	6:00 p.m.
#5 November 5	North West Street Trail, Norwalk	6:00 p.m.
#6 November 12	North West Street Trail, Norwalk	6:00 p.m.
#7 November 19	Veterans Memorial Lake Park, Shelter #1 205 Old State Road, Norwalk	6:00 p.m.
#8 November 26	Veterans Memorial Lake Park, Shelter #1 205 Old State Road, Norwalk	6:00 p.m.
#9 December 3	Veterans Memorial Lake Park, Shelter #1 205 Old State Road, Norwalk	6:00 p.m.
JINGLE BELL RUN, FREMONT DECEMBER 7, 2019	Rutherford B. Hayes Presidential Center 1 Spiegel Grove, Fremont	10:00 a.m.



FISHER | TITUS

