

REDEFINING HEALTH CARE



**Lake Health**  
Sports Medicine



Want to run or walk your first 5K but don't know where to begin?

***We can help!***

Your first race can be intimidating, especially without a plan. This 9-week program will provide you with the tools you will need to successfully finish your first 5K race (3.1 miles), the Lake Health Half Marathon & 5K Run/Walk on Sunday, June 10 at 8 am.

The program begins with an informative session followed by a meeting every Thursday evening, where you will learn about proper running techniques, nutrition, cross training, running wear, and much more. Our group support combined with your own physical training will have you ready for the Lake Health Half Marathon & 5K Run/Walk in no time!

**9-Week  
Program Fee:**

**\$25**

(does not include Lake Health  
Half Marathon & 5K Run/Walk fee)

**You will receive a:**

- Performance T-shirt that will be given out during the 9-week program

### ***Information Session:***

**April 4, 2012 – 6 – 7pm**

TriPoint Medical Center Physician Pavilion  
Lubrizol Conference Center, Room 2  
7590 Auburn Road, Concord, Ohio 44077

or

**April 5, 2012 – 6 – 7pm**

West Medical Center, Conference Room B  
36000 Euclid Avenue, Willoughby, Ohio 44094



**Please attend one of these informative sessions. You will officially sign up for the Lake Health Half Marathon & 5K Run/Walk at this time and receive your schedule of events and "My First 5K" running guide/plan.**

**To register, call the Best of Health Line at  
440-953-6000 or 1-800-454-9800**

follow us:

