

# WALK. RUN A LITTLE. THEN RUN A LITTLE MORE.

GAIN A SENSE OF ACCOMPLISHMENT AND PRIDE WITH  
THE RUNNING 101 TRAINING PROGRAM.



Train to be a runner with Running 101, a free 10-week physical activity program that provides the tools and support to help you train and complete your first 5K race.

Getting started is easy. Identify a race you want to run. Register and select your race date. Then, 10 weeks before your race, you'll begin receiving the training guide via email.

CONNECT WITH US: 



## REGISTER NOW:

Registration will run until  
Sept. 30, 2016.

To register, visit:

<http://bit.ly/HighmarkRunning101>

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