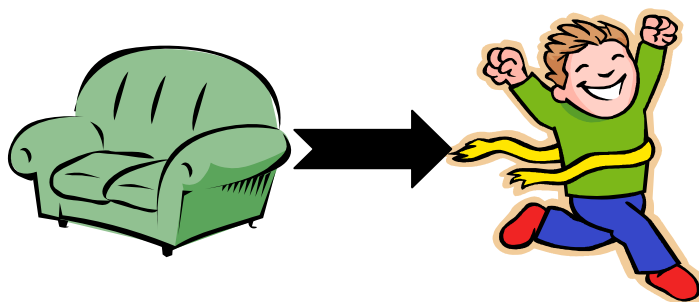




NITRO Couch to 5K

*Find out how you can train to go from
your couch to running a 5K
with the help from the
Northern Illinois Trail Runners!*



Want to train for a 5K run but not sure how to begin?

Join Northern Illinois Trail Runners Organization (NITRO) in a 9-week **“Couch to 5K”** training program.

The 9-week training program starts on March 20, 2010 and will end with the NITRO 5K Sycamore Speedway run on Saturday, May 22, 2010.

Participants will receive:

- Weekly training runs
- A running log to track your progress
- Education and nutritional tips
- Registration for the NITRO 5K run
- Race t-shirt
- The satisfaction of completing a 5K run!

The cost is \$24 per person.

Register TODAY or find out more information at www.nitroruns.com

NITRO will host an informational kick off meeting on the Couch to 5K training program on Thursday, March 18 at 6:30 pm at Fitworkz on Sycamore Road in DeKalb.

For more information, contact Carrie Naber, cbnaber@comcast.net or visit the NITRO website, www.nitroruns.com.