

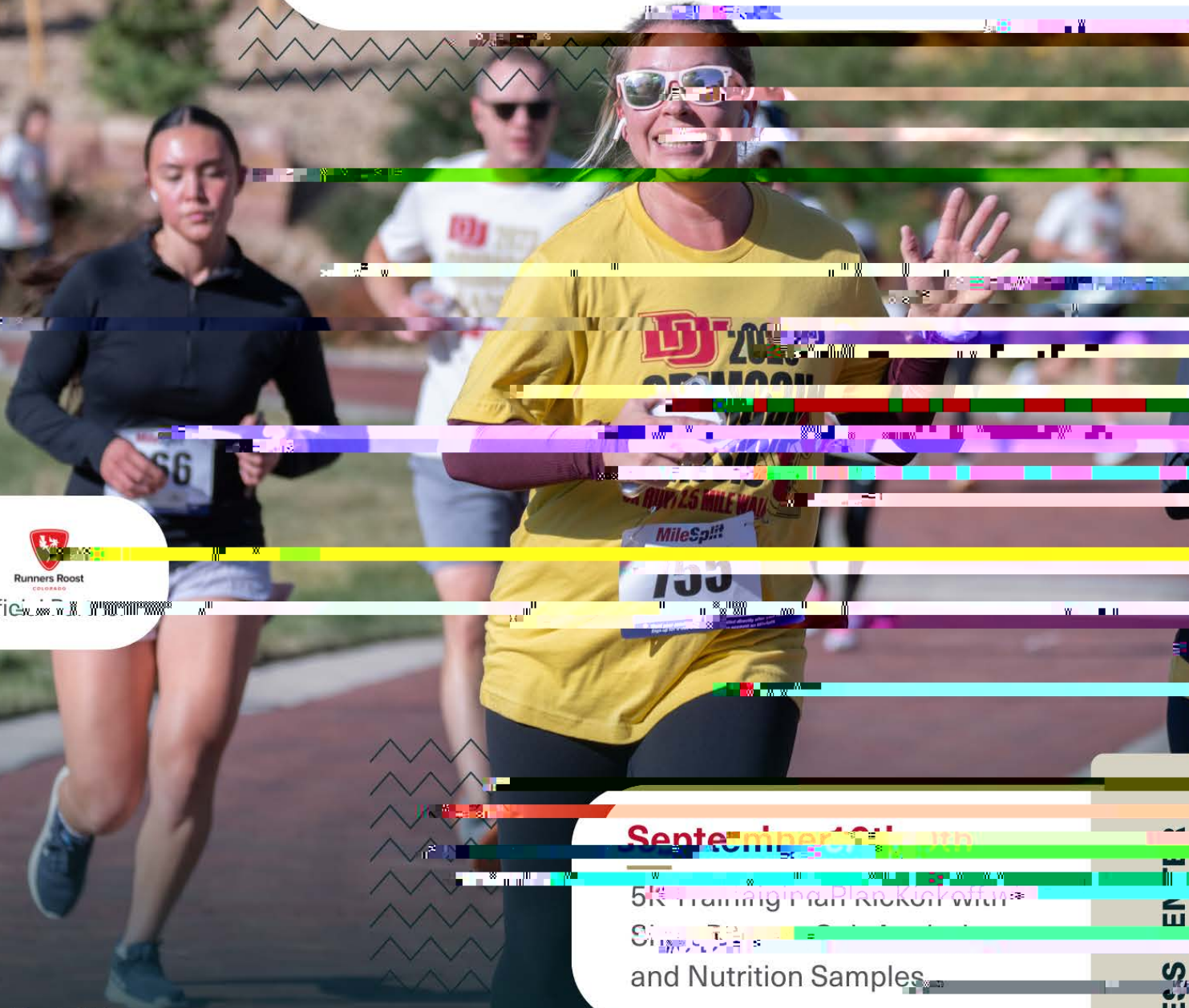


Daniel L. Ritchie Center
for Sports & Wellness
UNIVERSITY OF DENVER

FROM COUCH TO 5K
OR RUN A PERSONAL BEST

CRIMCOOL COOL

Free Six-Week Plan TRAINING



Runners Roost
COLORADO

Office

September 6th

5K Training Plan Kickoff with
Sign-up Tables
and Nutrition Samples

Zach Nykora

Personal Trainer

Your USAF Certified
Run Coach leading
weekly runs and writing
your training plans.

Students Faculty & Staff

Run Thursdays Run Wednesdays
at 8:00 AM at 7:15 AM

Register at ritchiecenter.du.edu

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