**Employee Wellness 5K Training Program**

**When:** August 19-September 27

**Who:** All Washburn University Employees

**How:** Training for a race can be both an exciting and nerve-wracking experience. Taking part in group training will help you maximize your enjoyment on race day while building camaraderie and creating a support network. Participants may choose their own training path to fit their fitness level. They may choose from Walker, Beginner (Goal is to finish), Intermediate (Goal is to finish strong), or Advanced (Goal is to run your fastest time). Group training runs will be held on the Washburn campus, days and times TBA. These group runs are completely optional but highly encouraged.

**Incentives:** All 5K training participants will receive: weekly emails, a customized training calendar.

The results of your training will end with a 5K road race. The race selected is **Washburn’s Alumni Association Family Fun Run and Campus Walk**. This race is set to take place on Saturday, September 28th. Proceeds from the 5K run benefit the Alumni Association’s scholarship fund.

*Note: Training program participants are responsible for registering for the 5k and for the costs associated with the race.*

For more information or to register contact Coletta Meyer at coletta.meyer@washburn.edu