

# VR-to-ROCKSTAR

## Beginner 5K Running Program

### What?

Come join Vertical Runner-Wooster's newest run/walk program. Our Vertical Runner-to-Rockstar: Beginner 5K Running Program will help you reach your 5K racing goals. Whether it is just finishing your first 5K or trying to lower your 5K time; Vertical Runner will outline and organize a training plan to help you! The program will culminate with a 5K race at The OARDC here in Wooster, Ohio.

### Where?

Vertical Runner – Wooster  
207 S Market St, Wooster, OH

### Amenities

- ★ Technical training T-shirt
- ★ 12 week training schedule and customized workouts
- ★ Stretching and nutrition clinic
- ★ 15% Shoes and apparel

### Entry Fee

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Saturday, March 1<sup>st</sup>, 2014

VR-to-Rockstar presented by

