GET OFF THE COUCH
Brooksie Way Training Program
COUCH TO 5k/10k
July 26 – September 20, 2017

A training program that helps you get off the couch and ready to complete the Brooksie Way 5k or 10k race on September 24. Your training group will meet every Wednesday (beginning on July 26) at Waterford Oaks. Come out for the healthy exercise, but also for the fun of training with friends.

Register at oakgov.com/wellness

5K TRAINING
$55 REGISTRATION
• Entry into the Brooksie Way 5k Race
• OakFit training program t-shirt
• Brooksie Way ¾ zip jacket
• One additional 5k race after the Brooksie Way
• Information about running, walking & more!

10K TRAINING
$55 REGISTRATION
• Entry into the Brooksie Way 10k Race
• OakFit training program t-shirt
• Brooksie Way ¾ zip jacket
• One additional 5k/10k race after the Brooksie Way
• Information about running, walking & more!

Questions and comments can be directed to: Human Resources, Dawn Hunt at (248) 858-5473 or huntd@oakgov.com