



Couch to 5K

Run Club

**Build endurance, confidence,
and community ...**

ONE STEP AT A TIME!

Ready to take your first steps toward completing a 5K? Join a 12-week, all levels, friendly, progressive walking/running program designed to help you build endurance and consistency.

Limited to the first 25 employees who register.

JOIN US

- Tuesdays from 5:30 - 6:30 pm
- January 13 to March 31, 2026
- Crest Lake Park, 201 S. Glenwood Avenue, Clearwater

www.pinellas.gov/run-club



Pinellas County Wellness Program

12/1/25