

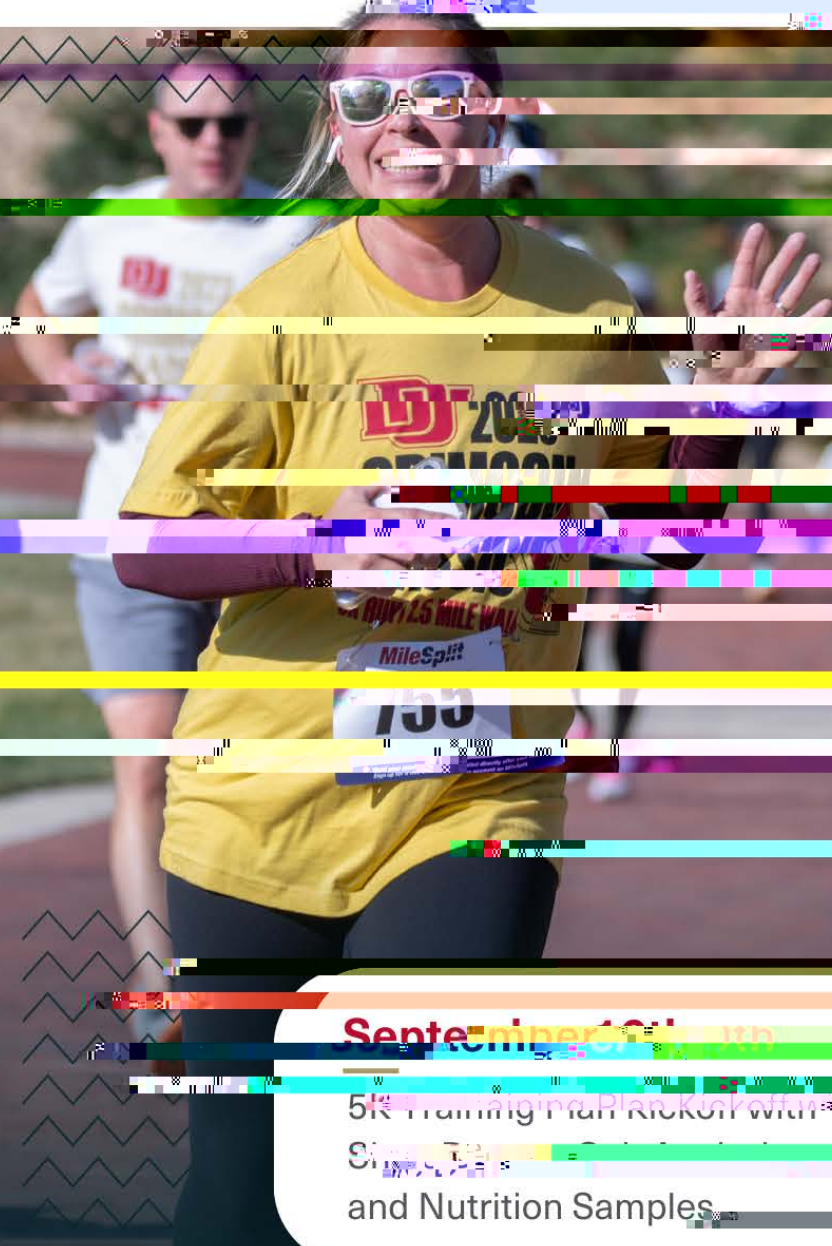
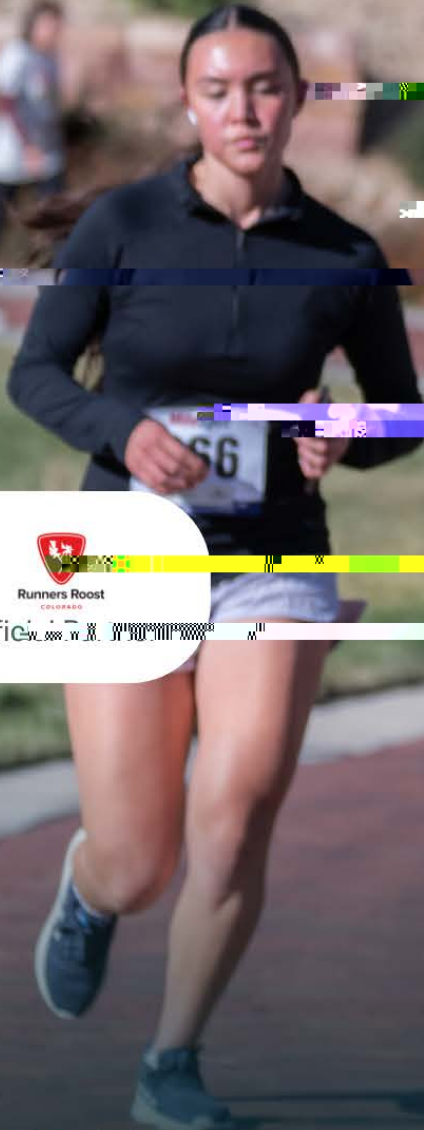


Daniel L. Ritchie Center
for Sports & Wellness
UNIVERSITY OF DENVER

FROM COUCH TO 5K
OR RUN A PERSONAL BEST

CRIMCO COLLEGE

Free Six-Week Plan TRAINING



Runners Roost
Colorado
Office

Sentimental 5K

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

LOC... | PRESS EN...
CO... | ...