

CV Mini-THON

Couch to 5K

What is it?

A nine-week training program with Mr. and Mrs. Rupp starting **Tuesday, September 11th** to prepare families for the CV Mini-THON Turkey Trot. Elementary school/middle school students are required to register and train with a guardian. This program will include training every Tuesday at 6 p.m. at Chapman field.

How do I register for the Couch to 5K Training?

Use this online google form to register for the Couch to 5K training by September 10th!

<https://goo.gl/forms/TGI5gkaOqJUOZRq52>

Contact Mr. Rupp for further questions-
Brupp@cvschools.org

When is the Turkey Trot?

Saturday, November 17th!

Doors open at **8:00 AM** and the race starts at **9:00 AM!** The cost is \$30/participant.

All proceeds will go to CV Mini-THON. FTK!