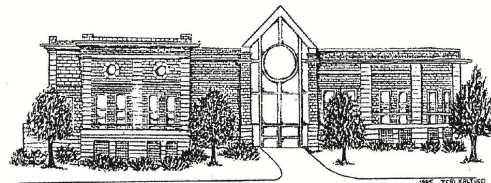


## Included in this FREE Program:

- \$5 off the (normally \$25) entrance fee for the Run for the Cob
- A complete 9-week training program that will use 3 workouts per week to take you from the couch to a 5K gradually, and on your own schedule
- Opportunities to jog/walk the first workout of each week with a group (leaders offered for both jogging and walking groups this year!)
- FREE weekly check-ins to chart your progress, meet others in the program, and enjoy health and fitness informational sessions presented by local experts
- Opportunities to log progress and participate even if you are unable to attend our check-in events.

***Please note: Participants must register for the library's training program by June 20, complete at least 3/4 of the program (21 out of 27 workouts), and pre-register for the Run for the Cob in order to be eligible for the discount.***

## A Partnership:



Estherville Public Library

613 Central Ave.

Estherville, IA 51334

Web: [www.estherville.lib.ia.us](http://www.estherville.lib.ia.us)

Phone: 712.362.7731

Fax: 712.362.3509

E-mail: [info@estherville.lib.ia.us](mailto:info@estherville.lib.ia.us)

Estherville  
Public  
Library

## Couch- to-5K



Run for the Cob  
With Us!

Train now to get  
ready for the  
August 3rd Run  
for the Cob.

[www.estherville.lib.ia.us](http://www.estherville.lib.ia.us)

## **Weekly Check-ins:**

*Join us for one session  
each of the 9 weeks  
of the training period.*

### **Week 1 (June 6, 7:00 PM):**



Dr. Katie Carter,  
Center for  
Chiropractic  
Wellness:

**Stretching and  
Hydration**

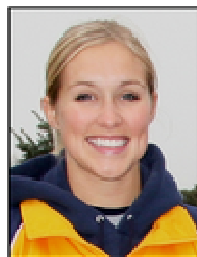
### **Week 2 (June 13, 7:00 PM):**



Tina Burton, ELC  
High School Cross  
Country & Girls  
Track Coach:

**Goal-Setting /  
Warm-Up /  
Cool-Down**

### **Week 3 (June 20, 7:00 PM):**



Molly Struve, ILCC  
Head Cross Country  
Coach:

**Cross Training**



### **Week 4 (June 27, 7:00 PM):**



Britney Rosburg,  
ISU Extension Program  
Educator:

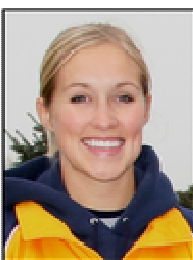
**Portion Sizes /  
Better Choices**

### **Week 5 (July 4):**

***Skipping this week for the  
Independence Day Holiday!***

**Please continue your workouts on  
your own!**

### **Week 6 (July 11, 7:00 PM):**



Molly Struve,

ILCC Head Cross Country  
Coach:

**Pacing / Mile Splits**

### **Week 7 (July 18, 7:00 PM):**



Jackie Mart,

Holistic Nutritionist and  
Lifestyle Coach:

**Holistic Healthy  
Eating / Weight Loss**

### **Week 8 (July 25, 7:00 PM):**

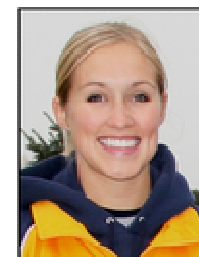


Dorothy  
Christensen,  
Emmet County  
Mental Health  
Coordinator:

**Looking  
Ahead: Why**

**you should keep up your  
momentum after the  
program concludes**

### **Week 9 (August 1, 7:00 PM):**



Molly Struve & Tina Burton,  
Organizers of the Sweet Corn Days  
Run for the Cob:

**What to Expect at the Run  
for the Cob!**



Register online at  
[www.estherville.lib.ia.us!](http://www.estherville.lib.ia.us!)

Dri-fit tshirts with the  
program logo are available  
for \$12 each, via the  
online registration form.