

# Couch to 5k Training Program

Presented by the Greater Derry Track Club and  
Windham Rail Trail Alliance

## What is it?

An 8 week program designed to help train anyone who has ever wanted to try to run a 5k (3.1 mile) road race. Training starts off slowly and progresses with the goal of running in the **Run for Freedom 5k on July 4th** in Derry, NH. We educate participants on proper stretching, clothing, running techniques and diet. Many of our participants become active runners, including one who has gone on to run a marathon! This is the only known FREE Couch to 5k training program in NH. Complete the program and participate in the Run for Freedom to receive a free t-shirt to wear during the race as well as a free membership to the Greater Derry Track Club.

## When is it?

Tuesdays at 6PM & Saturdays at 8:30AM  
May 5th to July 4th

## Where is it?

### Windham Rail Trail

A scenic, and flat, paved trail  
6 Depot Road, Windham, NH  
(off Windham Road on the Derry/Windham border).



## What is the Run for Freedom 5K?

The Greater Derry Track Club began this race two years ago to raise money for the Liberty House: a facilitator of healthcare, transitional housing, and job training for homeless veterans. We invite veterans to come join and celebrate this patriotic event held on the most patriotic day of the year, July 4th. Participate and enjoy the post race festivities, including food, refreshments, raffle prizes, and awards. Couch to 5k participants will receive a discount on the race.

## How do I participate?

Please go to [www.gdtk.org/C25k](http://www.gdtk.org/C25k), print and send in the registration form to reserve your spot.

Thank you to our supporters:



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Contact **John McGarry**, Director of Community Relations, Greater Derry Track Club, [jmcgarry@gdtk.org](mailto:jmcgarry@gdtk.org)

**For more information, go to [www.gdtk.org/C25k](http://www.gdtk.org/C25k)**