Summit Metro Parks

Your Back Yard for 95 Years

975 Treaty Line Rd., Akron OH 44313

NEWS RELEASE

January 17, 2017

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LACE UP FOR COUCH TO 5K TRAINING SERIES

Motivating. Fun. Life-changing.

Those are just some of the ways past participants in the "Couch to 5K" training series have described the annual Summit Metro Parks program, now in its third year.

On Thursday, February 16, the park district will host an information session about the 10-week series, from 7 to 8 p.m. in the auditorium at F.A. Seiberling Nature Realm (1828 Smith Rd., Akron). Naturalist – and runner – Elizabeth Kresse will describe what series participants can expect and answer questions.

Kresse said 'Couch' participants will meet every Sunday morning, beginning March 5 at 9 a.m., for a group run and to discuss different running topics, from stretching and proper form to finding the right running shoe, with experts from Cleveland Clinic Akron General, Second Sole in Akron, and more.

Registration is not required for the information session. However, registration is required for the training series. The cost is $40 per person, which includes a training shirt and admission to the May 14 Mother's Day 5K in Munroe Falls Metro Park (521 S. River Rd., Munroe Falls).

For information about the Mother's Day 5K and the Couch to 5K series, visit summitmetroparks.org or call 330-865-8065.

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Summit Metro Parks manages 14,300 acres, including 16 parks, several conservation areas and more than 125 miles of trails, with 22.4 miles of the Ohio & Erie Canal Towpath Trail. Annual attendance averages 5 million visits.

#summitmetroparks