

# WALK TO RUN 101

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Interested in starting to run or looking to get back into running?

Join Northern Illinois Trail Runners Organization (NITRO) in an 8-week program training for an optional 5k!

**Training starts Monday, April 17th thru June 7th**

*Registration: \$30 (includes NITRO membership though Dec 31<sup>st</sup> 2017)*

**Info meeting:**

**Wednesday, April 5<sup>th</sup> at 6:30PM  
Hy-Vee 2700 Sycamore Rd, DeKalb**

**Can't attend the meeting?**

Visit [www.nitroruns.org](http://www.nitroruns.org)

Have additional questions? Email: [vicepres@nitroruns.org](mailto:vicepres@nitroruns.org)

