



## Community Couch to 5K Training Class

Through our Community Partnership with North Olympic Healthcare Network (NOHN), Peninsula Adventure Sports and Rain Bear Running Club are excited to announce a series of community Couch to 5K training classes.

Rain Bear specializes in coaching new and returning runners in a non-competitive format. The classes cater to everyone, and the training programs are customizable so that anyone can participate, regardless of fitness level or experience. Rain Bear Runner Audrey Thornburg shared, "I've tried running before and hated it. I was always intimidated and didn't know how to do it right." Rain Bear's focus is to meet people where they are and to start slow. Each class session begins with instruction on a different running-related topic, and we provide tips and tricks to make your running experience better. When you run in a group, you learn to focus on the positive aspects of exercise, like connecting with your community and enjoying the outdoors, instead of focusing on exertion and effort. Runners are supplied with a customizable training schedule to keep them active between the weekly Saturday group sessions. "Mostly, people join

Rain Bear for the accountability and fun," said Running Coach Carmen Geyer.

Each 4-week group class culminates with one of the Run The Peninsula races, and participants in the training group receive a discount code to register for the races.

**Special Pricing: \$20**

**4-Week Training Program**

**If you are interested in joining, contact Coach Carmen at [rainbearrunning@gmail.com](mailto:rainbearrunning@gmail.com) for more details!**



Pictured - Rain Bear Runners from left to right: Jill Guss, Audrey Thornburg, Arrow Brown, Beau Brown, Caroline Brown, and Jessica DiBarri with kids.