Healthy Boilers – take your mark! You are invited to participate in the 500 Festival’s Employee Wellness Challenge as part of your Purdue Boilermaker team! Race date is May 4, 2019, in Indianapolis. Runners and walkers of all levels – beginner to advanced – are encouraged to join the team!

Join the Purdue team

• Discounted mini-marathon entry of $32.50
• Discounted 5K entry for $15
• Register at: http://bit.ly/purdue500
• Use code PurdueEWC19 at the end of the registration process to receive your discounted entry

Training resources

• Fleet Feet Sports, located at 500 Sagamore Parkway West in West Lafayette, offers its “Fleet Feet Running Club Training Programs, for both half-marathon ($85) and 5K ($65) distance races. Learn more at http://www.fleetfeetwestlafayette.com/.

• Health coaches at the Center for Healthy Living (Purdue’s West Lafayette campus) can assist beginner runners as well as walkers in setting goals and preparing for the event. Schedule a walking health coach appointment as an added bonus. For more information, call 765-494-0111 or visit https://www.purdue.edu/hr/CHL/index.php.

• Mobile apps also are available for those who prefer to train on an individual basis. For example, C25K® – also known as Couch to 5K – is an eight-week program that uses an audio coach and music to help turn couch potatoes into 5K runners. For more information on C25K® and other apps (Zen Labs Fitness Apps), visit http://www.c25kfree.com/.

Learn more

Join us as for an informational session to learn more about the Purdue team and the training resources available via Fleet Feet. Two sessions will take place respective to each distance. Refreshments will be served. Sessions will take place:

5K launch event: January 29, 4:30 – 5:30 p.m. at Kurz Purdue Technology Center (KPTC) Railyard

Mini-marathon event: February 5, 4:30 – 5:30 p.m. at Kurz Purdue Technology Center (KPTC) Railyard