



*Hosted by*

## **Couch Middle School**

**All proceeds will benefit the school's  
Positive Behavior Intervention and Supports Program (PBIS).  
PBIS is a school-wide program that encourages the teaching and  
acknowledgment of positive behaviors!**

### **When:**

Saturday, October 21

### **Time:**

7:00 AM Registration/Check-in

8:00 AM Race begins

### **Where:**

Tribble Mill Park  
2125 Tribble Mill Parkway  
Lawrenceville, GA 30045

### **Costs:**

**5K:**           \$23 before October 1<sup>st</sup>  
                  \$25 after October 1<sup>st</sup>  
                  \$30 on Race Day  
                  \$85 family rate (4)

**Fun Run:** \$15



### **For registration and sponsorship:**

Visit [www.getoffyourcouch5k.com](http://www.getoffyourcouch5k.com)

*We are dedicated to “teach” behaviors as we “teach” academics.*