



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Couch to 5K

Would you like to run a 5K or maybe even a 1K?

Join us for a 10 week program in a welcoming environment designed to be an informative, fun, safe and lasting experience for runners of all ability levels. Goal of this program is to bring people together that want to run for the first time or enhance their current running experience. Each week will include information on running topics, group run, and guided training plan to prepare you to participate in the Memorial Day/Law Day 5K Run/Walk, included with registration fee.

Program meets weekly on Wednesdays for 10 weeks prior to the 5K held on May 25th at Robbins Island. What a great, healthy way to start your spring season!



Spring
March 13 - May 25
Wednesday's @ 5:30 PM

Program Fee: YMCA Members: \$50
Non Y members: \$65

Fee includes registration to the Memorial Day/Law Day 5K Run/Walk

Couch to 5K Registration

Name: _____

Phone #: _____

Address: _____

City: _____ Zip: _____

E-mail: _____

REQUIRED 5K INFORMATION

Age on May 25: _____ Male/Female

Date of Birth _____

T-SHIRT SIZE : S M L XL XXL

Cash / Check attached for fee.

Debit my YMCA membership account

Staff Initials _____

WAIVER: In consideration of the acceptance of my entry, I, the undersigned, intending to be legally bound for myself, my heirs, executors, and administrators do hereby release any and all sponsors of this program/event, and their representatives, successors and assigns from any and all liability arising from illness and/or injuries I may suffer as a result of my participation in this program/event. I attest and verify that I am physically fit and have sufficient training for completion of the running program/event. I also understand and agree that any sponsor may subsequently use for publicity and/or promotional purposes my name and/or photograph, videotapes, motion pictures and recordings of me participating in this program/event without obligation of liability to me. I also understand that entry fees are not refundable. I have read the foregoing and certify my agreement by signing below.

ALL PARTICIPANTS MUST SIGN

If you are under 18, please have your parent or guardian sign this waiver