



COUCH TO FINISH

5k Beginner Training Program

If you've always wanted to start running, but found it too hard or thought you couldn't do it – YOU CAN! We start with 60 seconds of running and work up to a 5k in 9 weeks. You can totally do this. We will work with you and get you there. Don't miss this opportunity to change your life! Any age, any size, any fitness level.

Enclose check for \$100 (group) or \$250 (one on one) payable to **Angie Kovacs**. Mail to: 841 Damon Drive Medina OH 44256. Must be postmarked by 9/1/11. Online registration available at www.active.com

Name: _____
Age: _____ Gender: M / F Phone: _____
Address: _____
Email: _____

Includes the following:

- Training with a Road Runners Club of America Certified Running Coach for 9 weeks, starting 9/6/11. Runs will be held Tuesday, Friday and Sunday evenings in the Medina area. (NO EXPERIENCE NECESSARY)
- Strength training workouts with a Certified Personal Trainer 1-2 days per week, either immediately before or after the running program.
- \$15 discount on shoes at Second Sole in Akron or Kent

WAIVER: I understand that running is a potentially hazardous activity. I should not enter and run in a race unless I am medically able and properly trained. I assume all risks associated with training for and running in a race including, but not limited to, falls on the course, contact with participants, effects of weather, conditions of the course, traffic on the course, all risks being known and appreciated by me. Having read this waiver and knowing these facts, I, for myself, and anyone entitled to act in my behalf, waive and release the Road Runners Club of America, Angela Kovacs, Thomas Guta, their representatives and successors, and all sponsors from all claims and liabilities of any kind arising out of my participation in these club activities. I hereby grant permission for the use of photographs of myself and/or my minor family members in publications to include their website.

Signature: _____ Date: _____

What distinguishes those of us at the starting line from those of us on the couch is that we learn through running to take what the days gives us, what our body will allow us, and what our will can tolerate. –John Bingham