



COUCH TO FINISH

5k-10k Training Program

Enclose a check for \$100 payable to **Angie Kovacs**. Mail to: 841 Damon Drive Medina OH 44256. It must be postmarked by 8/1/12. You should be able to comfortably run 3 miles 3 times a week prior to starting this program. Participants will run the Towpath 10k on October 7, 2012. Race entry fee is not included.

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 8/7/12. **Runs will be held Tuesday, Thursday and Sunday evenings in and around the Medina/Hinckley area.**
- 15% discount on shoes at Second Sole in Akron or Kent as well as Vertical Runner in Brecksville or Hudson
- Running outside – Rain or Shine!

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, 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