



COUCH TO 5K

WCOC 10th Anniversary

5K Run / 1K Walk on **May 7, 2017**,
benefiting the Waldwick Community.

Sponsored by:



Dr. Stephen Jones

Never Run a 5K Before?

Don't worry, join our Couch to 5K
training program to get
ready for race day!

Where?

Waldwick High School Track

When?

3/8/17 Kick off at Fit 36 in Waldwick starts at 7:00pm
Fit36, 140 Franklin Turnpike, Waldwick, NJ 07463 - 201-962-3790

**Stop by THA or Fit 36 in Waldwick to
sign up or register online at runsignup.com
search Waldwick Chamber of Commerce 5k Run**

Join Fit36, Jersey Women Strong, The Runner's House and Total Health Associates on 3/8/17 to kick off your training with a custom 8 week program designed to make you cross that finish line. With years of combined knowledge and experience, we can answer any questions you may have about running, recovery and the gear needed to succeed. Registration fee of \$75 includes cost of training program and race day registration fee. Those who register will receive a performance wicking #C25K work out shirt.

PHYSICAL THERAPY ♦ CHIROPRACTIC ♦ ACUPUNCTURE ♦ MASSAGE THERAPY



**WALDWICK CHAMBER OF COMMERCE
COUCH TO 5K (C25K)**

March 8th – May 7th 2017

Enrollment Form and Personal Information

Participants must be 14 years of age or older

*Please send completed form along with a check for \$75 payable to "WCOC" to:
Waldwick Chamber of Commerce (C25K), PO Box 323, Waldwick, NJ 07463*

Full Name: _____

Date of Birth: _____ Gender: _____

Address: _____

Email: _____ Cell: _____

Emergency Contact: _____ Phone: _____

Fitness Level (1-Good to 5 Poor): _____

How did you hear about the program? _____

What other physical activities do you participate in? _____

Release

This program is designed for individuals with no running experience and provides a gentle introduction to exercise. If you have any pre-existing medical conditions we recommend that you consult with your primary physician before undertaking any exercise program.

I know that running, training and participating in road races is a potentially hazardous activity and I should not run unless I am medically able. I accept any and all risks related in any way to running and any related activities (the "Activities"). I have no medical condition that may restrict or prohibit my participation in any such activities, including but not limited to: workouts, volunteering, falls, contact with other participants, the effect of weather, including low or high temperatures and/or humidity, the conditions of the track or course, all such risks being assumed and appreciated by me. I agree to be responsible for my own safety while participating in any activities sponsored by the WCOC Couch to 5K Program.

Having read this release, I hereby expressly release and discharge WCOC, the WCOC Board, the WCOC officers, the WCOC Members and Coaches, the Village of Waldwick and its agencies and departments, their representatives and successors or assignees, from any and all present and future claims and liabilities of any kind, known or unknown, arising out of my participation in the Activities or any other club-related or WCOC sponsored activities, except if such claim or liability arises out of the gross negligence or willful misconduct on the part of any of the foregoing persons or entities. In the case of medical emergency, I grant permission to the foregoing persons and agents to seek medical attention for myself (if I am over 18) or for my child, if I, the legal guardian, am absent. I also grant permission to WCOC to use any photographs, motion pictures, recordings, or any other record of my participation in workouts, road races or related activities for any legitimate, promotional, non-commercial purpose without remuneration. I acknowledge that I am 18 years of age or older and I have read and understand the contents of this release.

Signature: _____ Date: _____