

# COUCH TO 5K

## training program



# GATE CITY STRIDERS

## Run or walk a 5K in nine weeks

- \* **Expert Coaching**
- \* **Group Support**
- \* **Proven Program**

Wednesday Evenings 6:00 pm to 7:00 pm April 6 to June 1, 2022

**We meet at Nashua H.S. North Track**

**Hosted by Gate City Striders more info see: [www.gatecity.org](http://www.gatecity.org)**

**Take the plunge:** Is this the year you're finally going to put down the remote and get in shape? If that's the case, then the Gate City Strider's Couch to 5K program is for you. The C25K program is expertly instructed by the Strider's Staff. This nine week program will bring you from walking, to running, to completing a 5K. Isn't it time you made the commitment to a healthier life style? You can sign up by filling out the form below. You'll be glad you did.

**Date/Time/Place:** Wednesday evenings, April 6th to June 1, 2022, 6:00 PM to 7:00 PM. At Nashua High North  
The target race on the 10th week is the Hollis Fast 5K on June 9th ([www.hollisfast5k.com](http://www.hollisfast5k.com))

**Program Fee:** \$ 75 .00 for first time participants. \$50.00 for repeat participants.

Entry into the Hollis Fast 5K race is offered at the "Early Bird" rate of \$27.00. Use discount code "C25K".

**The Workouts:** The program consists of three workouts weekly. The Wednesday night workout will be coached.

**Contact:** email: [gllecours@gmail.com](mailto:gllecours@gmail.com), ph: 603-769-0962

**Mail Applications to:** George LeCours 4 Pine Hill Road, Hollis, NH 036049

**Please print neatly**

First Name										Last Name																	
Street Address										City										State		Zip Code					
Age		Gender >		M		F		Tee shirt sizes >		S		M		L		X		Email (print neatly please)									

I know running is a potentially hazardous activity. I should not enter or run the program unless I am medically able. I assume all risks associated with running in this program including, but not limited to falls, contact with other participants, the effects of weather, including high heat and/or humidity the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release Gate City Striders, the city of Nashua, Road Runners Club of America and all coaches, their representatives and successors from all claims or liabilities of any kind arising out of my participation in the event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature (parent signature if under 18)

Date