

5K/10K Pace Class

Class Description:

Have you ever thought about participating in a 5K/10K race? Have you already completed a 5K/10K but want to get faster? We have a class just for you! Our 5K/10K training class will help motivate, inspire, and make you feel better about yourself. Our instructor, Carol Winter, will design a plan specifically for you to help you achieve your goals. Whether you just want to get in better shape, participate in and finish a 5K/10K or run your fastest time ever, this class is for you.

Class Information

Instructor: Carol Winter

Where: Perry Park Center

When: October 11 - November 17

Day: Tuesday & Thursday

Time: 4:00 p.m. - 5:00 p.m.

Fee: \$40.00

Registration Deadline: Thursday, October 6



Registration for the Turkey Burn Off Trail Run is included with this class.

REGISTRATION FOR **5K/10K PACE CLASS**

Please complete all your information below.

Choose which training: 5K 10K

What are your goals for the training class? (i.e. complete a race, improve pace time, etc) _____

Name _____

Street _____

City, State, Zip _____

Phone _____ E-Mail _____

Male Female Date of Birth _____ Age on Race Day _____
(May 7)

T-Shirt Size: YS YM YL S M L XL 2XL

Waiver and Disclaimer: I/We, the parent or legal guardian of the above-named candidate for a position on a Perryville Parks and Recreation Department, hereby give my/our approval to their participation in any and all Perryville Parks and Recreation Department 5K training activities. I/We assume all risks and hazards incidental to such participation, including transportation to and from the activities; and I/We do hereby waive, release, absolve, indemnity, and agree to hold harmless the City of Perryville, Perryville Parks and Recreation Department, the organizers, sponsors, supervisors, participants and persons transporting my/our child, whether the result of negligence or from activities, for any claim arising out of an injury to my/our child, whether the result of negligence or for any other cause. I/We also understand that the registration fee covers only equipment and trainers' fees.

Signature Required for Race Waiver _____ Date _____

If under age 18, Name of Guardian _____

Guardian Signature _____

Register by phone (573) 547-7275, in person or via mail at:
Perry Park Center
Attn: 5K/10K Pace Class
800 City Park Drive
Perryville, Missouri 63775
Checks payable to City of Perryville.