PERRYVILLE PARKS & RECREATION DEPARTMENT

Couch to 5K Class

Class Description:
Have you ever thought about participating in a 5K race? It is time to rise up off the couch and get ready to exercise. We have a 5K training class that 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 or participate and finish a 5K, 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.

THE CITY OF PERRYVILLE MISSOURI
Plant your family here.

Contact:
Chad Unterreiner
(573) 547-7275
chadunterreiner@cityofperryville.com

REGISTRATION FOR ***COUCH TO 5K CLASS***

Please complete all your information below.

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: Couch to 5K Class
800 City Park Drive
Perryville, Missouri 63775
Checks payable to City of Perryville.