



The Lady Striders present:

(a subsidiary of the WYOMING VALLEY STRIDERS)

Couch to 5K Training Program—3/6/18 to 4/22/18

Do you have a mom, dad, sister, friend, child, etc... who wants to be a RUNNER?

This program is designed to get you off the couch and able to complete a 3.1 mile race in 7 weeks' time, using intervals of walking/jogging. We will meet three times per week, for 30-45 minutes each time: Tuesdays and Thursdays at 6 pm at the Church Street Park in Kingston; and Saturdays at 8:30 AM, at Kirby Park. Our goal race will be the Navient Ladders & Laces 5K on 4/22/18, held in the Hanover Industrial Park.

Coaches: Karen Moskel – Runner, Susquehanna Prep Cross Country Coach, Wyoming Valley Strider's Vice President, and Co-founder of Lady Striders. Liza Prokop – Runner, Triathlete, Ironman, and former Personal Trainer/Spin Instructor. Dawn Pugliese—C25K grad and now regular runner extraordinaire!

Your \$40 registration fee includes all practices and a celebratory pizza party, but does NOT include your entry fee to the race. You must also be an active member of the Wyoming Valley Striders. If you are up for renewal, or are a new member, it will be \$5 extra for a yearly membership to the club (to be paid at first practice). To join, mail the bottom half of this registration form and \$40 no later than 2/28/18 to: Karen Moskel, 764 Mercer Ave, Kingston, PA 18704. You can also join during the first week of practice, if space remains! **This program is limited to 50 participants—sign up quickly to guarantee your spot!**

Please note: Children under the age of 12 must be accompanied by an adult. All questions can be directed to Karen Moskel at kar.moskel@gmail.com. You can also "like" us on Facebook by searching "Lady Striders."

Make checks payable to: Karen Moskel

The Wyoming Valley Striders reserves the right to accept or reject any entry.

Name _____ Phone _____

Address _____ Town _____

State _____ Zip Code _____ Current WVS Member? _____ Sex: M _____ F _____

Date of Birth _____ Email Address _____

"If necessary, I hereby authorize the above-named participant to be treated by any qualified, licensed medical personnel." "I assume all risks associated with participating in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Wyoming Valley Striders and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver."

Runner's Signature _____ Date _____

Parent's Signature (if participant is under 18) _____