



The Lady Striders present:

(a subsidiary of the WYOMING VALLEY STRIDERS)

Couch to 5K AND FASTER 5K Training Programs—5/8/19 to 7/4/19

It's time for our most popular training session of the year, my friends! If you are new to running (or need to start over), join our Couch to 5K group! We will get you from 0 miles to 3.14 miles in 8 weeks' time! If you've already **comfortable** running the 5K distance, and would like to try to set a new personal record, then join our Faster 5K group!

We will meet 3 times per week: Monday (5:30 PM) and Saturday (8:30 AM) at the Hanover Levee (near Pizza Lov'n), and Wednesdays at Kirby Park (5:30 PM). New for this session, you will also have the option to run Mon/Wed at 6 AM from the 0.0 levee marker on the corner of Rutter Ave & Church St. in Kingston!!! Our goal race will once again be the Bernie's Memorial 3 Mile Run on the 4th of July, where we will hopefully claim the team award for the 3rd year in a row!

Your **\$40** registration fee includes all practices and a celebratory pizza party in July! Please note: Your race fee is **NOT** included. Registration for this program is via mail. Please mail your registration no later than 5/3/19 to: Karen Moskel, 764 Mercer Ave, Kingston, PA 18704. Make sure the bottom half of this form is included and completed. Our referral offer is back—if someone BRAND NEW joins the program, and puts you as their referral person, you get \$10 back!

Please note: All children must be age 10 or older, and any child under the age of 12 must run with the adult who is responsible for them while at practice. All questions can be directed to Karen Moskel at kar.moskel@gmail.com. You can also "like" us on Facebook by searching "Lady Striders."

*If you are NOT a member of the Wyoming Valley Striders already, you will be required to join the club during the first week of practice. Club memberships are \$5 per year and include discounts on WVS races and various stores.

Make checks payable to: Karen Moskel

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

Name _____ WVS member? _____ If member, card # _____

Address _____ Town _____ Zip Code _____

Referred by? _____ C25K or Faster 5K Group? _____ Sex: M _____ F _____

Date of Birth _____ Phone _____ 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) _____