



COUCH TO 5K TRAINING PROGRAM

We want to help you put your best foot forward in 2019, get in shape, and complete a 5K!

WHAT IS IT?

A training program to prepare you to complete a 5 kilometer run. Participants are encouraged to participate in the 2019 Law Day Run 5K in Belleville on April 27. Couch to 5K participants can opt to take advantage of a discounted race fee.

WHO CAN PARTICIPATE?

Everyone! Even if you've never run a mile in your life, you are encouraged to show up! And feel free to bring the family! Strollers are allowed.

HOW DO I GET STARTED?

Come to the Informational Meeting 6pm, Feb. 19 at 6:30PM at the Nichols Center (Room 107, 515 East D St, Belleville, IL)—OR—just show up at the Belleville East High School track on Feb 26 at 6:15pm, ready to walk/run!

Why join the Belleville Running Club?

With walkers and runners of all ages and paces the Belleville Running Club can help you meet your exercise goals in 2019! Membership also includes race discounts, 10% off all BRC gear/merchandise, 10% off purchases from Toolen's Running Start in Shiloh, and 15% off purchases from RunningWarehouse.com

WHEN AND WHERE IS IT?

February 26—April 23, 2019 each Tuesday at 6:30PM at the Belleville Township High School East track

HOW MUCH DOES IT COST?

Option #1: \$10 for a 9-week training program and BRC Couch to 5k T-shirt**

Option #2: \$20 for a 1 Year Membership to the Belleville Running club, 9-week training program, and BRC Couch to 5k T-shirt**

Option #3: \$40 for Law Day Run Entry, 1 Year Membership to the Belleville Running club, 9-week training program, and BRC Couch to 5k T-shirt**

WHERE CAN I GET MORE INFORMATION?

The application and training schedule are online: <http://bellevillerunningclub.com/training-beginner/>



Please PRINT the information below and include a check (or cash) for \$10 (Option 1), \$20 (Option 2), or \$40 (Option 3). Please make checks payable to Belleville Running Club and mail to: Belleville Running Club, P.O. Box 8343 Belleville, IL 62222. **You must attend at least 5 sessions (or 50% if any are cancelled due to weather) to receive your T-shirt. In other words, you must do some of the work before you get your shirt!

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ T-Shirt Size: _____ Age: _____

Email: _____ Sex: _____

Referred by (BRC member name): _____

Emergency Contact Name: _____ Emergency Contact Phone: _____