



COUCH TO 5K TRAINING PROGRAM



GET OFF THE COUCH AND GET MOVING FOR A BETTER & HEALTHIER 2020!

WHAT IS IT?

A Belleville Running Club-sponsored training program to prepare you to complete a 5 kilometer run. Participants are encouraged to participate in the 2020 Law Day Run 5K in Belleville on April 25. 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 on Feb. 17 at 6:30 PM at the Nichols Center (Room 107, 515 East D St, Belleville, IL)—OR—just show up at the Belleville West High School track on Feb 24 at 6:15 PM, ready to walk and 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 2020! Membership also includes race discounts, 10% off all BRC gear/merchandise, 10% off purchases from Toolen's Running Start in Shiloh, and 10% off purchases from RunningWarehouse.com

WHEN AND WHERE IS IT?

February 24—April 20, 2020 each Monday from 6:30 to 7:30PM at the Belleville Township High School West 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/>



CHIRO-MED
OF BELLEVILLE

C25K Program Sponsored by Chiro-Med of Belleville

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: _____