



Presents
**5K, 10K and Track
Women's Fitness Programs
April and May 2010**

No more excuses not to start a fitness routine ... Now is the time! "Start Right Women's Fitness Program" is a 12-week walking and running training program for women 18 years and older who wish to start a fitness routine. Depending on your current fitness level, the goal will be for all that finish the program to be able to complete either a 5K or a 10K race. The program includes instruction in training, recommendations on shoes, injury prevention, cross-training, safety, proper techniques and more. "Start Right Women's Fitness Program" offers constant motivation, individual one-on-one support, and the camaraderie of your fellow female walkers and runners.

Track Program: A running program designed to help those female runners who would like to improve their conditioning. The weekly workouts will include drills, pick-ups, pace work and speed work. The workouts are designed to improve your running form, focus, speed, and your overall fitness. The program is designed to accommodate female runners of all abilities who are running on a regular basis. Coach Carla will divide the participants into small groups of similar ability and design each week's workout for the various groups' abilities. It's a great way to improve your running with the camaraderie of your fellow athletes. Coach Carla promises that the workouts will be both fun and challenging.

ONE LOCATION - THREE DIFFERENT PROGRAMS

5K and 10K Programs

WHEN: Saturdays from 8:00 a.m. to 10:0 a.m. starting April 17 and continuing until July 10, 2010.

WHERE: Lake Accotink Park located at 7500 Accotink Park Road in Springfield, Virginia. Participants and coach meet at the shelter by the merry-go-round.

Track Program

WHEN: Wednesdays from 6:30 p.m. to 8:00 p.m. starting May 19 and continuing until Sept. 8, 2010.

WHERE: Lake Accotink Park located at 7500 Accotink Park Road in Springfield, Virginia. Participants and coach meet at the end of the parking lot by the dam.

COST: The \$150.00 (5K and 10K programs)/\$220.00 (track program) cost is a one time non-refundable fee. Please fill out this registration form and submit with check made payable to **Start Right Fitness LLC**.

For more information or questions check www.startrightfitness.com or please contact Carla at cgregor@cov.com

Training Program Application April and May 2010

Name: _____

Street: _____

City: _____ **State:** _____ **Zip Code:** _____

Phone (day): _____ **(evening)** _____

Email Address: _____ **Age:** _____

Select the Program You Desire to Participate in:

<input type="checkbox"/>	5K	<input type="checkbox"/>	10K	<input type="checkbox"/>	Track
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Waiver Must Be Read and Signed:

I know that running can be a potentially hazardous activity. I should not participate in the Start Right Women's Fitness Program unless I am medically able and have consulted with my physician. I agree to abide by any decision of the Coach or her designee relative to my ability to safely complete each session. I assume all risks associated with running including, but not limited to: falls, contact with other participants, the effects of the weather, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, I, for myself and anyone entitled to act on my behalf, waive and release the Start Right Women's Fitness, the coach or her designee, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in any and all of these weekly coached workouts even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I hereby grant to Start Right Women's Fitness Program, the Coach or her designee the non-exclusive, royalty-free right and license to use my name and likeness for advertising, commercial and/or publicity purposes.

Signature _____ **Date** _____

Program Cost: \$150 (5K/10K)

\$220 (track) Please make check payable to "Start Right Fitness LLC" and mail to:

Start Right Women's Fitness Program
c/o Carla Gregor
P. O. Box 151383
Alexandria, VA 22315