



Women's Walk to Run Clinic

Wondering how to even begin running? Want to get in shape for summer?
Want to start your fitness journey?

- **Free** walk to run clinic Mondays, May 6 – May 20 and Tuesday May 28, 2019, 6:00 pm
- Meet at Baker's Lake in Peru on the west side and meet new friends and runners who will work with you at your level of fitness to help you to reach your goal.

All women are welcome to join and it is free!

This is a 4 week mini-clinic that has been designed to prepare women to run in an encouraging and supporting environment. Train as you build your strength and endurance with other women who also have a goal to learn how to become a runner. Meet others who have similar fitness goals.

The goal for the Walk to Run Clinic is to build from walking 1 mile to eventually run/walking with the ultimate goal reaching 1.5 miles.

This is a **free** mini-clinic. There are no registration forms. No obligations.
Just show up each week and be ready to move at 6:00pm.

This mini-clinic is a perfect way to get a jump start for the beginning runner who plans to continue to run by joining the Women's Running Clinic that starts with a registration night, May 21, 6:00 at the Peru YMCA. The running clinic is June 3- August 12. This clinic preps women runners to reach a 3.1 (5K) running goal. Runners are working toward completing the 5K Boo Milby race that supports Alzheimer's Disease.

For more information please contact Michele Gaeta at: maples1401@hotmail.com

Waiver: I know that running is a potentially hazardous activity. I should not enter, walk and/or run unless I am medically able and properly trained. I agree to abide by any decision of the clinic officials relative to my ability to safely complete the clinic. I assume all risks associated with running this event including, but not limited to falls, contact with other participants, effects of the weather including high heat and /or humidity, the condition of the road and traffic on the course, all such risks know and appreciated by me. Having read this waiver and knowing the facts and consideration of your acceptance of my entrée, I, myself, and anyone entitled on my behalf, waive and release, the ROAD Runners Club of America, the Starve Rock Runners, Ltd., and all sponsors, there representatives and successors from all claims or ability that may arise out of negligence or carelessness on the part of the persons named in this waiver. I, the undersigned, understand that refusing medical assistance from local emergency responders summoned by SRRL personnel shall result in termination of my participation in *Walk to Run Clinic*. Re-entry into the clinic following a medical emergency shall be contingent upon a physician's medical release SRR, Ltd .reserves the right to use my photo.

SIGNATURE or signature of PARENT OR GUARDIAN (if under 18) _____ Date: _____