

Women's Walk to Run Clinic

Want to get in shape for summer?

Want to start your fitness journey?

Wondering how to even begin running?

All women are welcome to join...and it's free!

Walk to run Clinic Mondays, May 3rd thru May 24th, 2021

Meet at Northwest School, LaSalle ready to go at 6pm.



The goal for the Walk to Run Clinic is to build from walking 1 mile to being able to run/walk 2 miles.

This 4 week clinic is designed to build your strength and endurance with other women with similar fitness goals. It is the perfect way for the beginner runner to prepare for the Women's Running Clinic.

The woman's running Clinic meets every Monday from June 7th through August 16th at 6pm at Northwest School LaSalle. This clinic has groups for beginning runners with the goal of being able to run, or run/walk a 5K (3.1 miles). Runners can celebrate that accomplishment by participating in the Boo Milby 5K on August 21, 2021, an event that benefits the Illinois Valley Alzheimer's Group.

For more information or to ask questions, please contact Starved Rock Runners at:
info@starvedrockrunners.org

I know that running is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of the clinic official 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, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your acceptance of my entry, I, for myself and anyone entitled to the act on my behalf, waive and release the Road Runner's Clubs of America, the Starved Rock Runners, Ltd. and all sponsors, their representatives and successors from all claims or liability that may arise out of negligence or carelessness on the part of the persons name in this waiver and grant permission to use my picture or likeness.

Signature or signature of parent or guardian(if under18) _____

Date: _____