



### Up-N-Running Ebensburg

[www.runpa.com](http://www.runpa.com)

208 W. High Street

Ebensburg, PA

(814) 472-2200

Facebook: UNREbensburg

Twitter: UpNRunningEburg



### Ebensburg Area Running Club

[www.ebensburgrunners.org](http://www.ebensburgrunners.org)

[ebensburgrunners@gmail.com](mailto:ebensburgrunners@gmail.com)

Facebook: ebensburgrunners

Twitter: eburgrunners

## Fall 2017

# 5k Training Group

8 week Training Group to prepare runners to complete a 5K (3.1 mile) race

*Program begins Oct 2nd*

**WHO:** This year with 2 plans:

- **Finish 5K:** For the beginning runner
- **Race 5K:** For the runner who has been running 2/week for the past 3 months

**WHAT:** The program includes

- 8 week training program tailored to your experience
- Weekly clinics on various running related topics
- Entry into the graduation 5k (Ebensburg Turkey Trot)
- Tech running shirt
- Private Facebook Group for Q&A with coaches and discussions
- Weekly Newsletter
- Discounts at Up-N-Running

**COST:** \$50.00

Prior to the first session, please stop by Up-N-Running in Ebensburg to register and sign the waiver.

**ETCETRA:** Wear running shoes and comfortable running attire. Be sure to bring your own water bottle. All participants are responsible for their own safety.

**CONTACT INFORMATION:** Julie and Kevin Doyle, [julie@runpa.com](mailto:julie@runpa.com), 814-472-2200

## 5k Training Group Signup

Name \_\_\_\_\_ Sex: M / F  
Last First

Birth Date \_\_\_\_\_  
MM / DD / YYYY

Address \_\_\_\_\_  
Street  
\_\_\_\_\_  
City State Zip

Phone No \_\_\_\_\_ Home / Cell

E-mail \_\_\_\_\_  
Print legibly please

Training Program: Finish 5K / Race 5K

Shirt Size XS / Small / Medium / Large / XL / XXL  
(Adult Sizes)

***(Parent must sign for members less than 18 years of age)*** Waiver: I know that running is a potentially hazardous activity. I should not enter and run in Ebensburg Area Running Club (EARC) or Up-N-Running (UNR) activities unless I am medically able and properly trained. I agree to abide by any decision of a training group official relative to my ability to complete the run. I assume all risks associated with EARC or UNR workouts or races, including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, 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 Ebensburg Area Road Running Club, Up-N-Running, and their representatives and successors from all claims or liabilities or any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Print Name: \_\_\_\_\_