



Summer 2017

5k Training Group

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

Program begins May 30th

Up-N-Running Ebensburg

www.runpa.com

208 W. High Street

Ebensburg, PA

(814) 472-2200

Facebook: UNREbensburg

Twitter: UpNRunningEburg



EBENSBURG AREA RUNNING CLUB

Ebensburg Area Running Club

www.ebensburgrunners.org

ebensburgrunners@gmail.com

Facebook: ebensburgrunners

Twitter: eburgrunners

WHO: Two plans to choose from:

- **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

- 9 week training program tailored to your experience
- Weekly clinics on various running related topics
- Entry into the graduation 5k (Homecoming 5K)
- 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.

Past participants can sign up again for a reduced rate of \$35

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, 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: _____