



Annapolis Striders Winter Beginning Running Class



This class is intended for those who are looking to advance from a couch to a 5K or just have never run a 5K (3.1 miles) distance. This class is open to all types of runners, fast, slow, short, tall, we take everyone who enjoys running or is even thinking about enjoying running!

Class meets: On Sundays starting December 4th continuing through Valentine’s Day 5 K Race on February 11th. There is an optional meeting at Anne Arundel Community College on Wednesday nights. Ten weeks to your first 5K!

Cost: **NONE** but must be a current member or join the Annapolis Striders to participate.

Time/Location: 10:00 AM Sunday mornings at Weems-Whelan Field/Bates Junior High

Training to include: Run/walk at the track. The final group class will be held at the race site, which is Kinder Park in Severna Park, MD. Graduation “Exercise” will be the Valentine’s Day 5K Race on February 11th. **You must register for the race it is not included in the cost of class.**

Lecture sessions: Shoes, Injury prevention, runner’s safety, yoga, nutrition, running attire, pre-warm up exercises and cross training.

Contact Ginger Andrews at 410-903-2363 (Cell) or email – Tkd4ufitness@aol.com with any questions. You can also mail applications to Ginger Andrews at 106 Severn Avenue Severna Park, MD 21146.

APPLICATION FORM – Winter Beginning Running Class

TYPE OF MEMBERSHIP NEW RENEWAL CURRENT (current members send no money)
 INDIVIDUAL: \$15 SECOND MEMBER IN SAME HOUSEHOLD: \$10
 FAMILY (*attach separate form for each member*): \$30
 JUNIOR MEMBER UNDER 18 YEARS OF AGE (MUST HAVE PARENT/GUARDIAN SIGNATURE): \$6
 Please make checks payable to: **The Annapolis Striders.**

LAST NAME _____ FIRST NAME: _____

STREET: _____ City _____ ST: _____ ZIP CODE: _____

BIRTH DATE: _____ GENDER: M: ___ F: ___ SHIRT SIZE _____

PHONE: _____ EMAIL: _____

WAIVER AND RELEASE: I recognize that participation in this activity may involve certain hazards. I understand that I should not participate unless medically able. I assume the risks associated with involvement in this activity, including but not limited to falls, contact with participant, effects of weather and road and traffic conditions, and these risks being known and appreciated by me. Having read this Waiver Release and considering the acceptance of my application, I, for myself and anyone entitles to act on my behalf, waive and release the Annapolis Striders, Inc., the Road Runners Club of America, all sponsors and host, and their representatives and successors, from any claim of liability arising from my involvement in this activity.

SIGNATURE OF ENTRANT _____ DATE _____

SIGNATURE OF PARENT IF ENTRANT UNDER AGE 18 _____