



The Lady Striders present:

(a subsidiary of the WYOMING VALLEY STRIDERS)

Couch to 5K AND 5K to 10K Training Programs—9/18/17 to 11/11/17

Due to the success of our Couch to 5K program, we are offering two separate training programs this time around! If you are new to running (or need to start over), join our Couch to 5K group! We will get you from 0 miles to 3.14 miles in 8 weeks' time! If you've already run a 5K and can easily jog 3 miles at a time, then join our 5K to 10K group!

We will meet three times per week: Mondays and Wednesdays at the Church Street Park in Kingston; and Saturdays at Kirby Park. If you are training for the 10K, your meeting time will be 5:30 pm on the weekdays and 8:15 am on Saturday. If you are training for the 5K, your meeting time will be 5:45 pm on the weekdays and 8:30 am on Saturday. Our goal race will be the Run For Hunger 5K and 10K, in Scranton, on November 11th. We will all be together for the race!

Coaches: Karen Moskel – Runner, XC Coach, Wyoming Valley Strider's Vice President, and Co-founder of Lady Striders. Liza Prokop – Runner, Triathlete, Ironman, and former Personal Trainer/Spin Instructor.

Your \$30 registration fee includes all practices and membership (or renewal) to the Wyoming Valley Striders! Please note: Your race fee is **NOT** included. Registration for this program is via mail. Please mail your registration no later than 9/12/17 to: Karen Moskel, 764 Mercer Ave, Kingston, PA 18704. Make sure the bottom half of this form is included and completed. You can also join during the first week of practice, if space remains! **This program is limited to 50 participants—sign up quickly to guarantee your spot!**

Please note: Children under the age of 12 must be accompanied by an adult. All questions can be directed to Karen Moskel at kar.moskel@gmail.com. You can also "like" us on Facebook by searching "Lady Striders."

Make checks payable to: Karen Moskel

The Wyoming Valley Striders reserves the right to accept or reject any entry.

Name _____ 5K or 10K Group? _____ Phone _____

Address _____ Town _____

State _____ Zip Code _____ T-Shirt Size _____ Sex: M _____ F _____

Date of Birth _____ Email Address _____

"If necessary, I hereby authorize the above-named participant to be treated by any qualified, licensed medical personnel." "I assume all risks associated with participating in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Wyoming Valley Striders and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver."

Runner's Signature _____ Date _____

Parent's Signature (if participant is under 18) _____