



# Schechter on the Move 5K Race Training Program April 23<sup>rd</sup> – June 1st



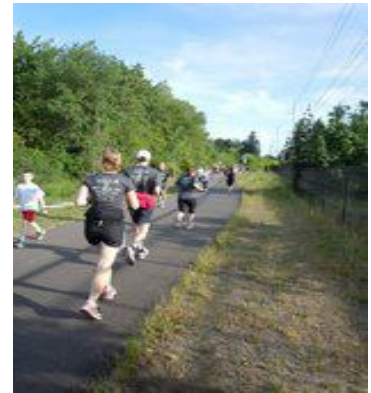
Always wanted to walk/run a 5K, but never thought you could? Now you can! This 6-week program is designed for everyone from beginner to advanced walkers or runners. Meet with a trainer twice a week for a variety of different workouts. We will provide your entire plan for the seven weeks to prepare you to walk/run the 5K on race day. The group will be held at The Krieger Schechter Day School and will target the third annual Schechter on the Move 5K Race on Sunday, June 1st! All of the money raised for the 5K will benefit the KSDS Scholarships Fund.

**Group Meets:** Wednesdays & Fridays. First meeting is April 23<sup>rd</sup>. The group will meet 8:15am on Wednesday and Friday Mornings.

**Location:** Conveniently located at the Krieger Schechter Day School. Meet outside of the entrance with the security desk.

### What you get:

- Training plan updated every two weeks
- Email access to coaching services and advice
- Gait analysis with footwear recommendations
- Supported group runs - route, refreshments, companionship
- 10% store discount at Charm City Run
- Nutritional advice & Injury prevention



**Fee:** \$75

**Contact:** Marie Bolton – marie@charmcityrun.com

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Please fill out registration form and bring to the first group walk/run or mail to:  
Charm City Run Attn: Marie 2045 York Road, Timonium MD 21093

### Participant Information:

Name: \_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Email: \_\_\_\_\_ Phone #: \_\_\_\_\_

### Payment Options (check one):

☐ Cash ☐ Check ☐ Credit Card

Amount: \_\_\_\_\_ Check # \_\_\_\_\_ (Checks payable to Charm City Run)

Credit Card \_\_\_\_\_ Number Expiration Date \_\_\_\_\_

Signature \_\_\_\_\_

**The following information explains the program. Please read it carefully and do not hesitate to ask questions about the program or the information below.**

Program Administration: This program is being organized and conducted by Charm City Run employees / experienced runners. The program staff will provide you with a training program that best fits your fitness level and race goals. Purpose of the Program: The purpose of the program is to increase your activity/fitness level and successfully complete the distance/race you plan to run. Discomforts & Risks: Training for and participating in a training program requires walking/running distances ranging from one to twenty miles over a six to twenty week period. During exercise, cardiovascular changes such as an increase of heart rate, systolic blood pressure, sweat rate and breathing rate naturally occur. Physical reactions to exercise may include heat related illnesses, abnormal heartbeats and blood pressure and, in rare instances events, such as "heart attacks". Serious health risks are rare. While Charm City Run and their coaches take all reasonable precautions, we can make no guarantees regarding these risks.

Authorization: I have read this form and understand there are inherent risks associated with physical activity. To the best of my knowledge there are no contraindications to my participation in a training program.

Participant's Signature \_\_\_\_\_ Date \_\_\_\_\_