



GENESIS

5K TRAINING PROGRAM

What

This is a 9-week training program beginning on September 14th to prepare for a 5k in November. The program is intended for beginning runners and walkers without any experience with the purpose of creating healthy lifestyles. We'll have a week by week training routine for the most basic levels and walkers.

When

Group training sessions are every Tuesday at 6:00pm starting on Tuesday, September 14th until the event date. The rest of the weekly program is done on your own or with a friend.

Where

Group training classes in several locations in West Virginia:

1. Magic Island in Charleston with Matt Young
2. Nitro City Park with Mac McMillian
3. Sissonville Middle School with Carmella Crawford
4. Huntington at Ritter Park with Beth Miller
5. Virtual- Participate when and where you want.

What you get

For \$90 for general admission, \$80 for Genesis Alumni, \$25 for kids with an adult and \$50 for virtual, military, first responders, and families:

- ★ Weekly group coaching sessions
- ★ Instruction on running form, injury prevention and race preparation
- ★ Day-by-day program to follow with weekly email lessons from the coach
- ★ Instructional videos
- ★ Team T-Shirt
- ★ The motivation that comes from having a coach and training buddies
- ★ Thorough race day preparation

For questions or to sign up visit genesisrunning.com or email matt@wvruncoach.com



Registration

Name: _____ Age: _____

Address: _____ Best Phone: _____

City/State/Zip: _____

Email: _____ Emergency Contact : _____

Emergency phone: _____ T-Shirt size: _____ Are you a CAMC Employee? Yes

Have you ever run a 5K? Yes No If Yes, how many approximately and best time? _____

Which location do you plan to attend: _____

Classes work best with 12 or more participants. Any class that has less than 12 may be cancelled and you may choose another class location or be refunded.

Informed Consent:

By signing this document, I acknowledge that I have voluntarily chosen to participate in a program of progressive physical exercise, which can enhance the musculoskeletal and cardiorespiratory systems. In signing this document, I acknowledge being informed of the possible strenuous nature of the program and the potential for unusual, but possible, physiological results including, but not limited to, abnormal blood pressure, fainting, heart attack or death. By signing this document, I assume all risk for my health and well being and hold harmless of any responsibility Genesis Running LLC, Matthew T. Young or any other Genesis coach or volunteer. I understand that questions about exercise procedures and recommendations are encouraged and welcomed.

Signature: _____ Date: ___/___/___

There are no refunds: Please mail completed form and consent and \$90 registration fee (\$80 for Genesis Alumni and CAMC Employees) \$25 for children 16 and under with an adult, \$50 for military and first responders and families. Mail to: Matt Young, 18 Sherwood Circle, Hurricane, WV 25526. **Checks payable to Genesis Running, LLC.**

You CAN run or walk a 5K in just 9 weeks!