



**Always wanted to run or looking to improve your running? Join our Run For You Classes!**

### **Locations and Meeting Times**

#### **Dilworth**

**Meets on Monday and Wednesday Evenings at 6pm**

#### **Piper Glen**

**Meets on Tuesday and Thursday Evenings at 6pm**

#### **University**

**Meets on Tuesday and Thursday Evenings at 6:30pm**

### **Three different group levels to choose from:**

**Beginner 1** - A program designed for those who have never run before. This group will focus on building up to being able to run continuously by using walking as a beginning point. Participants combine walk/run and gradually build their time spent running while reducing their time walking. Runners in this program can expect to run/walk 1 to 3 miles per session.

**Beginner 2** - This program is great for participants who have taken time off from running and would like to get back into a running routine. This program builds off of the Beginner 1 program and helps participants complete a 5K, using a run/walk method. Runners in this program can expect to run 2 to 4 miles per class session.

**Intermediate** - This program is for participants that can run at least 3 miles without stopping. Runners will fine tune their efforts and begin to increase the distances of their run and mix in different types of runs including some tempo work. Runners who wish to improve their time in a 5K or train for a 10K event are welcome to join this class. Runners in this program can expect to run between 3-6 miles per session with speed work and hill training sessions.

### **Benefits of enrolling in Run For You:**

- 15% Discount on all your running gear at Run For Your Life (duration of session only)
- On site, interactive coaching by experienced runners two days per week with free email access and workout plans during the week
- Guest speakers to teach about nutrition, stretching, injury prevention and more
- Free refreshments after your run
- Group run atmosphere that provides encouragement and support as well as a chance to meet new friends.
- Free Run For You Tech Tee (\$25 value)



## Registration Form

First Name \_\_\_\_\_

Last Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

**Please select your training session (All sessions are 9 weeks)**

### **Run For Your Life 4 Miler**

- Dilworth – Monday, May 24
- Piper Glen – Tuesday, May 25

### **Hit the Brixx 5K**

- Dilworth – Monday, August 2
- Piper Glen – Tuesday, August 3

### **Presbyterian Hospital Jingle Jog 5K**

- Dilworth – Monday, October 11
- Piper Glen – Tuesday, October 12

### **WAIVER**

In consideration of the acceptance to the Run For Your Life Run For You Training Programs, I waive all claims for myself, my heirs and assignees against Run For Your Life, Event Marketing Services, Inc and all sponsors, promoters and volunteers for injury or illness which may result from my participation. I am in proper physical condition to compete in this race and risks associated therewith. I also give my permission for the free use of my name and picture in any written account, broadcast or telecast of this event for any legitimate purpose. I understand that if the training program is canceled because of any circumstances beyond the control of Run For Your Life and sponsors including but not limited to hazardous weather conditions or government ban, my entry fee will not be refunded. I understand that my registration fee will not be refunded.

Signature \_\_\_\_\_

Date \_\_\_\_\_

**Please make checks payable to Run For Your Life  
Send to Run For Your Life  
ATTN: RUN FOR YOU  
2422 Park Road  
Charlotte, NC 28203**