



COUCH TO 5K



Hosted by Norwalk Parks & Recreation in collaboration with....



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Public Health

It's time to "Get off the Couch and Get into Exercise". We can help with a FREE 9-week training plan from c25k.com to prepare you for your first 5k Run/Walk or to get you back into racing. We believe that we can help you to achieve this goal by providing the necessary tools to get you started and provide an early season race to start your NEW, healthier lifestyle. We will meet at various locations throughout Norwalk once a week on Tuesdays. Held at the Ernsthausen Community Center during the first month or two of the program (weather dependent). Training will consist of 3 workouts per week, with one scheduled as a group meet-up. Topics will be discussed prior to each "meet-up" workout relating to exercise and staying motivated.

- Open Registration: January 18th-February 12th, 2017 (maximum 80)
- Informational Meeting: February 15th @ 6pm (Comm. Rm.-Ernsthausen Community Center)
- Program Dates: February 21st- April 18th, 2017
- Meet-ups: Tuesdays from 6-7pm
(Indoor workouts: Last name A-M; 6-6:30pm; Last name N-Z; 6:30pm-7pm)
- Final Race: Earth Week 5K Run/Walk
April 22nd, 2017 @ 9am

Prizes will be provided depending on the number of meet-ups you attend and completion of the [Earth Week 5k Run/Walk on April 22nd, 2017](#). In order to be eligible for prizes, you must register for the [Couch to 5k](#) program before the deadline on [February 15th](#) at the Ernsthausen Community Center- 100 Republic Street-Norwalk. Details will be provided regarding the program along with a schedule for all meet-ups at the informational meeting on [Wednesday, February 15th @ 6pm](#). Forms can be mailed to the Ernsthausen Community Center* 100 Republic Street* Norwalk, OH 44857 or emailed to ncross@norwalkrec.com. Forms must be received on or before February 15th. For more information contact Niki Cross, Recreation Director/program leader @ (419) 663-6775 ext. 1026.

Name _____ Gender _____ Age _____
 Address _____
 City _____ State _____ Zip _____
 Phone _____ Email _____

I agree that I will not hold The Norwalk Parks & Recreation Department, City of Norwalk, Fisher-Titus Medical Center, Huron County Public Health or any other organizing parties liable for any injuries incurred during the Couch to 5k program. I assume all responsibility as a result of being permitted to participate in this event.

Signature _____ Date _____
(parent/legal guardian if under the age of 18)