

COME JOIN OUR 10-WEEK PROGRAM FOR

BEGINNING RUNNERS

1ST SESSION: 6 p.m. Tues, APRIL 26, 2011 - BATES JR. HIGH TRACK

This low key program will guide the participants from a walk-run beginning to a 20 minute nonstop run. Participants should be capable of walking briskly for 20 minutes and should check with their health care professional prior to starting any fitness program. **Even if you have run before, this program can recharge your fitness batteries!** The goal will be for all who finish the program to be able to complete the Striders Women's Distance Festival 5K (3.1 miles) or the Run After the Women 5K which will be held Saturday, July 9, 2011 at West Annapolis Elementary School.

LOCATION: Weems-Whelan Field/Bates Junior High Track
SESSIONS BEGIN Tuesday, APRIL 26, 2011 at 6pm.

TUESDAYS & THURSDAYS - 6:00 p.m., SATURDAYS - 8:00 a.m. FIRST WEEK SCHEDULE: Run 1 minute, walk 2 minutes, repeat 5 times, then run 1 minute (7 minutes total running) Each week will see more running and less walking. Complete schedules will be available at the first session and on the club website. **PARKING:** The entrance to **WEEMS-WHELAN FIELD/BATES TRACK** parking lot is at the stop light on Spa Rd at the Annapolis City Garage. Additional parking is available at the Maryland Hall for the Arts. [Click here for map.](#)

PROGRAM INCLUDES: Information on finding the right shoes, injury prevention and treatment, keeping track of heart rate, runner's high, running safety, and keeping running fun. In addition, graduates from previous years will return to discuss their experiences. **Hundreds of graduates can't be wrong!** **YOUR INSTRUCTORS** are certifiable – so come experience the Patch Adams approach to running!

REGISTRATION INSTRUCTIONS: To join the Beginning Running Program, fill out the Annapolis Striders membership/2011 Beginning Running Program application form below. Each person must complete a separate form. The program is free for current members, simply check **CURRENT** in the box provided and pay no fee.

After filling out the form, please mail by Tuesday, April 19 to: PENNY GOLDSTEIN, 2348 Putnam Lane, Crofton, MD 21114. After that date, bring completed form to the first session. Make checks payable to Annapolis Striders, Inc.

PREMIUMS: "Famous" Beginning Running Program shirts or singlets to all who complete the program! (5K Race not required to receive the program premium.)

SPONSORED BY THE ANNAPOLIS STRIDERS, INC: A 1,300 member non-profit organization dedicated to improving health and fitness through distance running.

WEB SITE: www.annapolisstriders.org

EVAN THOMAS, Co-Director, 410-451-4155, email: roadrunner0218@gmail.com ; **Paul Thorn, Co-Director,** 410-267-9622, email: pthorn@verizon.net

ATTENTION GRADUATES: Come on out and share your experiences with this year's class and renew some old acquaintances!

CAUTION: Running has been known to become addictive! Side effects: better health, feelings of euphoria, amazing yourself and friends, etc.

ANNAPOLIS STRIDERS MEMBERSHIP FORM 2011 BEGINNING RUNNING PROGRAM

(PLEASE PRINT NEATLY)

TYPE OF MEMBERSHIP ___NEW ___RENEWAL ___CURRENT (current members send no money)

___ INDIVIDUAL: \$15 ___SECOND MEMBER IN SAME HOUSEHOLD: \$10 ___FAMILY (attach separate form for each member): \$30

___JUNIOR MEMBER UNDER 18 YEARS OF AGE (MUST HAVE PARENT/GUARDIAN SIGNATURE): \$6

LAST NAME: _____ FIRST NAME: _____ MI: _____ DOB: _____

STREET: & Nr: _____ CITY: _____ STATE: _____ ZIP: _____

E-MAIL ADDRESS: _____ PHONE: _____

WAIVER AND RELEASE: I recognize that participation in this activity may involve certain hazards. I understand that I should not participate unless medically able. I assume the risks associated with involvement in this activity, including but not limited to, falls, contact with participants, effects of weather, road and traffic conditions -- these risks being known and appreciated by me. Having read this Waiver Release and considering the acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release the Annapolis Striders, Inc., the Road Runners Club of America, all sponsors and hosts, and their representatives and successors, from any claim of liability arising from my participation in this activity.

MANDATORY

SIGNATURE OF ENTRANT: _____ DATE: _____

SIGNATURE OF PARENT IF ENTRANT UNDER AGE 18: _____ DATE: _____