



RUNNING START PROGRAM

Saturday, June 26 to Saturday, Aug. 28

COME RUN WITH OUR GROUP!

THE PROGRAM IS FOR...

- First-time adults of all ages and abilities
- Inactive veteran runners getting back into shape
- Individually tailored running and run-walk programs

BENEFITS

- Achieve better cardiovascular fitness
- Reduce adverse health factors
- Learn safe training methods from experienced coaches
- Enjoy the camaraderie of like-minded running-walking partners

LOCATION AND TIME

- The first Saturday we will meet from 7:30 (SHARP!) to 9 a.m. at Lake Artemesia parking lot (Berwyn Heights) or in the
 - Fort Washington/National Harbor area
 - Track night: 7 to 8 p.m. Tuesdays – Bowie High School track
 - Look for a complete schedule on www.pgrc.org

REGISTRATION

- Register online at www.getmeregistered.com
- Running Start fee is \$40, plus club membership fees if not already a club member (individual, \$20; family, \$25). The fee includes Running Start T-shirt, club membership and complimentary registration for the 5k “graduation” race on Aug. 28, 2010. Running Start participants are required to volunteer at one club event during the program.

NEED MORE INFORMATION?

WEB: WWW.PGRC.ORG

VOICE: 202-521-1495

TRAINING@PGRC.ORG

PRINCE GEORGE'S RUNNING CLUB
REGISTRATION FOR RUNNING START PROGRAM
www.pgrc.org

Name: _____ M _____ F _____

Address: _____

_____ DOB: ____/____/____

E-mail: _____ Phone: _____

Current medical history: Check appropriate condition and explain below.

Heart Disease Vascular Disease High Blood Pressure Asthma
 Diabetes Allergies Lung Disease Bone/Joint condition Other

Running history: Describe any running you have done this year or in the past.

Other sports, cross training or exercise activities: _____

Your goals for this program: Describe what you want to be capable of doing when you have completed this program. _____

Program: Includes club membership through 2010, a technical Running Start T-shirt and entry fee for a 5K run on Aug. 28. Participants are required to volunteer at one club event during the program, which teaches runners how races are organized and helps build camaraderie and team spirit.

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Registration is ONLINE ONLY at www.getmeregistered.com and open to all registrants. Follow a direct link from www.pgrc.org.