2018 Illinois 10K Training Program

Class taught by RRCA and USATF certified running coach, Joe Bails, MS Kinesiology. This 12-week program is designed to prepare participants to run their first 10K or help participants improve on their previous 10K time.

7:00 a.m. on Saturdays starting February 3
Pre-registration is required.

Class Information	Highlights
$90 (w/shirt) – register by January 30, 2018 Class dates: February 3 – April 21, 2018 Coach: Joe Bails Location: various to include Champaign, Urbana and Mahomet, IL	Taught by an experienced & certified coach Weekly meetings include a talk on running-related topics, dynamic warm up, a group workout, and cool down with static stretching Receive a 12-week training plan

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Please Print Clearly

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Age: _____ Birth Date: _____ Sex: M or F

Tech Shirt size (gender specific): X-Small Small Medium Large X-Large

Waiver: In consideration of my participation in this class, I the undersigned, my heirs, executors and administrators consent to discharge, release and hold harmless Coach Bails Running LLC, and their affiliates, agents, servants, employees, successors and distributors for claims, action, losses, damages or expenses for personal or bodily damage and property loss or damage incurred by me arising out of or in connection with my participation in this class. I hereby grant permission to the parties listed herein to use my name and photographs, videotapes, motion pictures, recordings or any other record of my participation in this class for any purpose.

I have read the foregoing, am of legal age to consent to the waiver and have trained to the best of my ability for this event.

_____ _____
Participant Signature Date Parent/Guardian if participant is under 18

*Mail signed **10K Training Program** registration form and $85 check, made payable to **Coach Bails Running, LLC**, postmarked no later than January 30, 2018 to:*

Coach Bails Running
107 Ridge Road
Mahomet, IL 61853.

Questions? Contact Joe Bails (217) 766-9008 or joe@coachbails.com

Absolutely no refunds or transfers.

Joe holds the USATF Level 1 Coaching and Level 2 Youth Specialization coaching certification, RRCA distance running coach certification, Reflexive Performance Reset Level 1, and is CPR, AED and first aid certified.