



204 E. Muskegon Cedar Springs, MI 49319  
616-696-7320 www.csaparksandrec.com



**OFFERS**

# **SPRINGS TRAINING FOR THE RIVER**

**A TRAINING PROGRAM FOR THOSE INTERESTED IN RUNNING  
ANY RACE ASSOCIATED WITH THE FIFTH THIRD RIVER BANK RUN  
YOUR RUNNING LEADER IS STACY BOLF**

She has been running since childhood and went to state cross country finals all four years of high school. She has run several 1/2 marathons, the 5/3 Riverbank Run 25K 3 times and is currently training for her first marathon. She is working to become a certified personal trainer and a wellness coach through the American College of Sports Medicine.

*There are training plans and runs scheduled for those beginning runners and advanced runners. There are training plans and runs scheduled for those training for the 5K, the 10K or the 25K. You will be able to stick to your plans by training with this fun group and you will have a group of runners to run with in the race. Don't train alone, come join us!*

**WHEN:                    Orientation Meeting & 1<sup>st</sup> Run-Saturday, Jan. 14 at 9:00am  
Practices on Saturday mornings**

**WHERE:                    CEDAR SPRINGS MIDDLE SCHOOL**

**COST:                    \$ 30.00**

Includes training plans and leadership with lifting suggestions, motivational and educational information, and a performance wear short sleeved shirt for the race

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Participant's Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Address: \_\_\_\_\_ City & Zip \_\_\_\_\_

Daytime Phone: \_\_\_\_\_ Night-time Phone: \_\_\_\_\_

Name of township/city of residence: \_\_\_\_\_ E-Mail Address: \_\_\_\_\_

How do you hear about CSAPR Programs? \_\_\_\_\_ Adult Shirt Size: \_\_\_\_\_

*I am aware of the possibility of injuries that exist with the participation in all recreational programs. I understand the Cedar Springs Area Parks & Recreation Dept., Cedar Springs Public Schools, and the instructors are NOT responsible for injuries that may occur during camps, clinics, and programs or for personal items brought to the programs.*

Participants signature : \_\_\_\_\_ Date: \_\_\_\_\_