



OFFERS
SPRINGS TRAINING
FOR THE RIVER

**A 12-WEEK TRAINING PROGRAM FOR THOSE INTERSTED IN
RUNNING ANY RACE AT THE FIFTH THIRD RIVER BANK RUN
YOUR TRAINER IS CRAIG POTTER**

Craig is an accomplished runner from Cedar Springs who competed with Aquinas College.
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 on Wednesday, February 3rd at 6:30pm**
Practices on Saturday mornings beginning February 6th
(No practice on February 13th)

WHERE: **CEDAR SPRINGS MIDDLE SCHOOL**

COST: **\$ 30.00**

Includes a training plan with lifting suggestions, other motivational and educational information, and a performance shirt for the race

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: _____