



# COUCH TO 5K

Hosted by:



FISHER | TITUS

FREE PROGRAM

## Registration Form

It's time to "Get off the couch and get into exercise." We can help with a FREE 9-week training plan from Zen Labs c25k.com to prepare you for your first 5K run/walk or to get you back into a healthy routine. We believe we can help you achieve this goal by providing the necessary tools to get you started and help you on your path to a NEW, healthier lifestyle! We will meet at various locations throughout Norwalk once a week on Tuesdays. Training will consist of three workouts per week, with one scheduled as a group meet-up. Topics will be discussed prior to each "meet-up" workout relating to exercise, nutrition, and staying motivated.

**Open Registration:** Now through March 17, 2020

**Informational Meeting:** Tuesday, March 17 at 6:15 p.m.  
Ernsthausen Community Center

**Program Dates:** March 25-May 19

**Final Race:** Berry Fun 5K Run/Walk

You must register for the Couch to 5K program by dropping off this registration form at the Fisher-Titus Patient Pavilion (272 Benedict Ave, parking lot C) or the Ernsthausen Community Center (100 Republic Street, Norwalk) by March 17 or at the informational meeting. Details will be provided regarding the program, along with a schedule for all meet-ups at the informational meeting on Tuesday, March 17 at 6 p.m. For more information, contact Marisa Zanottie at 419-668-1975 ext. 1770 or mzanotti@ftmc.com.

Name \_\_\_\_\_ Gender \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

I agree that I will not hold Fisher-Titus or any other organizing parties liable for any injuries incurred during the Couch to 5K program. I assume all responsibility as a result of being permitted to participate in this event. Be sure to check with your Primary Care Provider before beginning any exercise program.

Signature \_\_\_\_\_ Date \_\_\_\_\_

(parent/legal guardian if under the age of 18)