

Get off the couch. Hit the road.



# CVRA 2011

## Couch to 5k Program

Last year's class was a HUGE success! Join the Cedar Valley Running Association for the second annual Couch to 5k Program – a weekly class designed to help beginning runners get off the couch and complete their first 5k. You can do it!

**SIGN UP ONLINE AT  
WWW.CVRA.NET**

Or simply fill out the following form and mail it with your \$30 payment to:

Cedar Valley Running Association  
P.O. Box 1341  
Cedar Rapids, IA 52406-1341

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Age: \_\_\_\_\_

Email: \_\_\_\_\_

T-shirt Size: S M L XL XXL Gender: M F

Waiver: I hereby release the Swamp Fox Festival, CVRA, all volunteers and sponsors from the responsibility for any illness or injury, which may be sustained while I am participating in the class/5K event. By signing below, I am signifying that I am in proper physical condition to participate in this event. I hereby affirm that I am 18 years of age or older. I have read this document, and understand its contents. (Parent or guardian must sign if participant is under age 18).

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

Now is the time to  
change your life.



# CVRA COUCH TO 5K

# RUN YOUR FIRST 5k WITH CVRA

Give us your tired, your poor, your couchbound...  
We'll give you a runner.

Never thought you could be a runner? Now is the time to change that perception and change your life. We can help you run your first 5k, safely and effectively.



## Details:

**Who:** You

**What:** CVRA Couch to 5k Program

**When:** Wednesday nights at 6pm, starting July 13. The class will end on September 7, just in time to run your first 5k with CVRA at the Swamp Fox 5k in Marion on September 10.

**Where:** Running Wild, 1950 Dodge Rd NE, Cedar Rapids

**Why:** You know you've secretly always wanted to be a runner. We're here to help.

**How:** Signup today @ [www.cvra.net](http://www.cvra.net).

Anyone under 16 must be accompanied by a parent.

## For only \$30, you get:

- 9 week Couch to 5k training class
- FREE annual membership to CVRA
- FREE race entry to Swamp Fox 5k
- Bragging rights for a lifetime.\*

\* We're not kidding about the bragging rights. All of the photos in this brochure are of actual participants from the 2010 class. You can look this awesome, too.



NOW IS THE TIME TO CHANGE YOUR LIFE.

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