



GET UP OFF THAT COUCH AND RUN

The Fort Madison Family YMCA's C25K program is a beginners training program for all ages that has helped thousands of new runners to get up off their couch and onto the roads; running three miles in just two months in the Rodeo Stampede 5k on Saturday, September 3rd, 2022! This training program is led by our very own YMCA Personal Trainer, Dana Zumdomer, who will teach and motivate participants to follow a weekly training program. In addition to the training program, the group will meet for support and encouragement!

All participants will receive free access to the Fort Madison Family YMCA's main facility during the program, free entry into the Rodeo Stampede 5k (which includes access to all Pre-Rodeo Events and Pancake Breakfast), and a free Rodeo Stampede t-shirt.

Each week runners will get new running tips on proper footwear, form, strength, flexibility, health and nutrition!

This program will begin **Monday, July 11th at 5:00pm at Fort Madison Family YMCA Main Facility**. The program will be comprised of group and individual workouts for the 8-week program. We also encourage you to download the C25K App and will go over that more the first night.

For further details contact the Fort Madison Family YMCA at 319-372-2403.

C25K Program Registration - \$30 per participant

Name: _____ D.O.B. ____/____/____ Age: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone Number: _____ Email Address: _____

T-Shirt Size: YS YM YL AS AM AL AXL AXXL AXXXL

In consideration of my participation in YMCA Sports Programs at the Fort Madison Family YMCA, I do here by agree to hold free from any and all liability the Fort Madison Family YMCA and it's respective officers and, employees, and members and do hereby for myself, my heirs, executors and administrators, waive, release and forever discharge any and all rights and claims for damages which I may have or which may hereafter accrue to me or my child arising out of or connected with my participation in actives of the Fort Madison Family YMCA. I hereby do declare myself to be physically sound, having medical approval to participate in the activities of the Fort Madison Family YMCA.

Signature: _____

Date: _____