

# 2017 COUCH POTATO TO 5K

Get yourself in shape and start off summer healthier.

The Couch Potato to 5K training program is designed to get you off the couch and get you more physically active. This program is for all ages and is best suited for individuals who have fallen out of shape or who want to begin a fitness program. The program will meet once a week for 6 weeks and cover the basics of beginning a walking, jogging, or running program.

**Dates:** Every Tuesday starting **May 2nd from 4:30pm to 6:00pm** for 6 weeks. **RAIN DATE** is the following Thursday at the same time. The last day of class, June 6th, will be the Alzheimer's 5K run/walk (no cost)

**Location:** Grimes Field Hillsboro

**Facilities:** Grimes Field ½ mile oval and Riverwalk trail along the Contoocook River.

**Eligibility:** Open to all ages men & women who reside in the greater Hillsboro area

**Cost:** Senior Citizens from Hillsboro or Deering (age 55 or over) and Children under 18 are **FREE**. All other ages and non-residents, the program fee is **\$10.00**.

**Cash, Credit Card and Checks payable to: Town of Hillsborough**

**Mail registration forms to: The Office of Youth Services and Recreation, PO Box 550, Hillsborough, NH, 03244. For more information call 464-7985**

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## Couch Potato to 5k Registration Form

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

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

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

LEGAL RELEASE FROM LIABILITY, WAIVER OF RIGHT TO SUE, AND HOLD HARMLESS AGREEMENT. I acknowledge the health risks associated with beginning an exercise program without taking the proper precautions or consulting a physician. I further declare that I am healthy enough to participate in this exercise program and do hereby waive and release any and all claims for damages I may have against the Town of Hillsborough, its employees, volunteers and all others associated with this program for any injuries suffered by me as a result of my participation.

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

Parent/Guardian Signature if under age 18 \_\_\_\_\_