



Have fun getting fit with the Winter Flakes Couch to 5K program. Meet up with friends and family and join in on this great way to meet your 2019 health goals! This program is designed for the novice runner\*. No pre-training is necessary, since it is designed for the “couch potato”.

The 2019 Winter Flakes Couch to 5K program starts Wednesday, January 2, 2019. This eight-week training program involves a weekly session with a running coach, a training plan, and weekly communication with nutrition tips and information. The cost is \$45 and also includes the Winter Flakes 5K registration and race shirt for free (a \$20 value). Participants will receive a stylish accessory and other participation prizes along the way! The weekly training sessions will be at Walther’s Park, depending on weather. Youth must have parental consent.

The training sessions will culminate with the Winter Flakes 5K run/walk on Saturday, March 2, 2019! All proceeds benefit Get Healthy De Soto programming, including trail development, Walking School Bus, community gardens, and more. Ready to register? Complete the form below or register online at [www.gethealthidesoto.org](http://www.gethealthidesoto.org). Questions can be directed to Melissa at 314-471-3681. **Completed paper forms must be submitted to: Winter Flakes Couch to 5K, 238 Tracy Lane, DeSoto, MO 63020.**

\_\_\_\_\_  
Last Name

\_\_\_\_\_  
First Name

\_\_\_\_\_  
Street Address/City/State/Zip

\_\_\_\_\_  
Age as of 3/2/2019

Male Female  
*circle one*

\_\_\_\_\_  
Email address

\_\_\_\_\_  
Telephone Number

Adult: Small Medium Large X-Large 2X-Large  
Youth: Small Medium Large  
*circle one (unisex t-shirt)*

Reminders about training will be sent using remind.com. Please indicate if you prefer to receive those notifications via text message or email by checking below. (A remind.com account is not necessary to receive the reminders.)

Text  Email

A Facebook group will also be used to communicate. Please share your Facebook profile link below.  
www.facebook.com/ \_\_\_\_\_

**Waiver**

I know that running a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I assume all risks associated with running/walking this event. Having read this waiver and knowing these facts and in consideration of your accepting my entry fee, I, for myself, and anyone entitled to act on my behalf, waive and release Get Healthy De Soto Inc., Fleet Feet Sports, Jefferson County Health Department and all sponsors, their representatives and successors, for all claims or liabilities of any kind arising out of my participation in this event.

\_\_\_\_\_  
Signature (Parent’s signature if under 18)

\_\_\_\_\_  
Date

\*As always, please consult with your healthcare provider before starting any nutritional or physical programs if you have any previous, current or possible medical conditions. These guidelines, recommendations and suggestions are not stated to cure, treat or prevent any diseases or conditions.