



## APPLICATION FORM

**Thank you for your interest in Couch to 5K with the Tamar Trotters Running Club**

We hope to inspire you to complete your personal challenge and perhaps take up running as a regular sports activity in the long term.

Running is not always easy, especially when you are trying to do it alone, so our qualified and experienced leaders will be with you every step along the way with support and advice.

However, running a 5K is no small matter so you should check with a health practitioner if you have not been taking regular exercise and before you sign the form below.

**Name:** .....

**Address:** .....

.....

**Contact Number:** .....

**Email Address:** .....

**Date of birth:** .....

I understand that acceptance on to this course in no way makes the Tamar Trotters Running Club liable for any illness, accident, injury or loss and I confirm that to the best of my knowledge I am fit and able to take on the demands of the sessions.

Signed ..... Date .....

Cost: £2 per session unless you take up full membership of Tamar Trotters Running Club, when it will reduce to 50p per session in line with Club Constitution.

**For more information, contact John Smith 01752 844281 or 07946 453215**