

# Williamson County Walk/Run



Presented by the Williamson County Health Department

## Did you make a New Year's Resolution to live a healthier lifestyle in 2016?

The Williamson County Health Department can help you stay on track to meet your goals! Health Educator & Certified Running Coach, Patty Norem, is coaching a

**FREE** Couch to 5k program.

This 10 week program will begin Saturday, January 30th at **8 am** at **Pinkerton Park in Franklin**.

Group run/walks are scheduled for:

Saturdays 8-9am, January 30th– April 9th (Race Day!!!)

and

Tuesdays 5-6pm, February 2nd– April 5th

You will also receive a training plan and tons of motivation to help you meet your goal of completing a 5k at your pace on April 9th.

We will be training to run the WillPower 5k beginning in downtown Franklin on April 9th. This is the same day as the Walk across Williamson Celebration!

**County employees who complete the training will get FREE ENTRY TO THE WILLPOWER 5K!!!**

**For more information and to register:**

Contact Patty Norem at 465-5350 or [Patricia.norem@tn.gov](mailto:Patricia.norem@tn.gov)



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Join us!

**FREE** Program offering a training plan and tons of motivation to help you to meet your goal of completing a 5K at your pace on April 9th.

Group runs will be held at Pinkerton Park beginning:

Saturdays 8-9 a.m., January 30th - April 9th (Race Day!!!)

Tuesdays 5-6 p.m., February 2nd-April 5th

Name: \_\_\_\_\_ Birthday: \_\_\_\_/\_\_\_\_/\_\_\_\_ Age on Race Day: \_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_ Email: \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_  
Emergency Contact Name and Phone: \_\_\_\_\_  
Have you ever participated in a 5k race? \_\_\_\_\_

## Participation Wavier

I, \_\_\_\_\_, the undersigned, hereby agree to hold Williamson County Health Department, it's employees, Franklin Parks and it's employees immune from and against any and all liability, claims, losses, expenses, judgments, injuries or damage, for either personal injury or property damage which may be incurred during my participation in the Couch to 5k training program. I understand and acknowledge that no insurance is provided and I understand that I am solely responsible for any medical or other expenses that may arise by virtue of any injury I may incur while participating in the training. I understand that my image may be included in photographs taken in the course of participating in those activities.

**I FULLY UNDERSTAND THE TERMS CONTAINED IN THIS WAIVER CONCERNING THE RELEASE OF LIABILITY AND INDEMNIFICATION AND THAT THIS WAIVER SHALL BE LEGALLY BINDING ON THE UNDERSIGNED INDIVIDUAL, THEIR HEIRS, EXECUTORS, ADMINISTRATORS, AND SUCCESSORS.**

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

*Please fax or email completed Couch to 5k enrollment form to Williamson County Health Dept.  
Attn: Patty Norem 615-790-5967 or [patricia.norem@tn.gov](mailto:patricia.norem@tn.gov)*