

HANOVER TOWNSHIP



First Strides[®] **Beginner Walking & Running Workshop for Women**

Do you sometimes imagine yourself fit and strong - striding effortlessly down the road during an easy workout or a 5K race?

This gradual 12-week program will help you comfortably progress from the couch to walking, jogging or running at a pace that's right for you.

When:

Tuesday evenings, 6:00- 7:15 p.m. beginning March 20-June 5 , rain or shine

Location:

Hanover Township Community Center- 3660 Jacksonville Road Bethlehem, PA 18017

Format:

Weekly workshops include a group walk/run and a brief presentation on various topics, including: proper walk/run shoes, training principles, injury prevention, motivation, nutrition and much more. Come dressed for activity.

For Whom

Women from 12 to 112 -- bring your daughters, mothers, neighbors, co-workers and friends.
Participants are expected to have the permission of their doctor.

Goal:

All who complete this program will be able to compete in the Hanover Township's 11th Annual Women's 5K Run/Walk on Saturday, June 9 at 9am.

Mentors:

Area women who are walking and running enthusiasts and/or First Strides graduates who volunteer their time.

Cost:

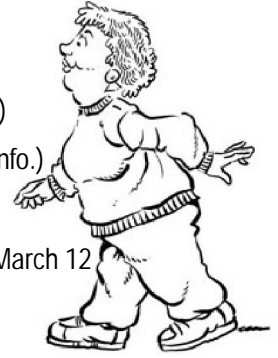
\$50 ---Registration fee \$45 --Early Bird & HTCC members, see dates below. Fees are non-refundable. Fee includes workshops, literature, and a graduation shirt if earned!
Make checks payable to : Hanover Township Community Center

Register:

- ♥ By mail to: HTCC 3660 Jacksonville Rd. Beth., PA 18017
\$45 through March 12; \$50 March 13 & after
- ♥ Online: www.hanovercommunitycenter.com \$45 through March 12 ; \$50 March 13 and after
- ♥ Call (using credit card info.): 610-317-8701 \$45 through March 12; \$50 March 13 and after
- ♥ Fax (using credit card info.): 610-317-8704 \$45 through March 12; \$50 March 13 and after

Hanover Township First Strides®

Beginner Walking & Running Workshop for Women



TO SIGN UP: Class size may be limited! Fill out the form below (please print clearly)
ONLINE: www.hanovercommunitycenter.com CALL: 610-317-8701 (using credit card info.)

FAX IT: 610-317-8704 (include credit card info.)

DROP OFF: \$45 through March 12; \$50 March 13 and after MAIL IT: \$45 if postmarked by March 12

Mail to: ♥ HTCC 3660 Jacksonville Rd. ♥ Bethlehem, PA 18017

Make checks payable to: Hanover Township Community Center

Registration Form

www.firststrides.com

Name _____

Day Phone (____) _____

Street _____

Evening Phone(____) _____

City _____

State _____ Zip _____

E-Mail _____

Birth date: mm/dd/yy _____

Profession (optional) _____

Shirt Size (S, M, L, XL, 2X): _____

Employer (optional) _____

Shirt sizes tend to run a bit small

Interesting story or goal to share?

How did you hear about this program? _____

* PLEASE NOTE THAT ALL INFORMATIVE EMAILS FOR PARTICIPANTS OF THIS PROGRAM WILL NOW BE DONE THROUGH FACEBOOK*

I know that running/walking is a potentially hazardous activity. I should not enter a beginner walking/running program unless I am medically able and have consulted with my physician. I acknowledge that falls, contact with other participants, the effects of weather, including high heat and/or humidity, the condition of the path and/or road, traffic on the course, are all risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of my being accepted into First Strides® beginner running/walking program, I, for myself and anyone entitled to act on my behalf, waive and release the Hanover Township-Northampton County, Hanover Township Community Center and employees, mentors, program officials, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these activities even though that liability may arise out of negligence on the persons named in this waiver. I consent to the taking and public use of any photographic or audiovisual images by persons selected by First Strides® Beginner Workshop and waive any right that I may have to copyright, inspect or approve the final project. *HTCC has a strict no REFUND Policy. If you sign up for FS Hanover you may only attend First Strides Hanover location. Credit cards incur a \$1.50 convenience fee.

Signature _____ Date _____

Parent's Signature _____ Date _____
(if under 18 years)

DIRECTIONS:

From Route 22- Take Route 22 to Route 512 North; Left at Stoke Park Road; Right at Jacksonville Road; Right into the Hanover Township Municipal Tract: Hanover Township Community Center sits in the back of the property.

Second Gear.
Sundays at 5pm.
For more info:
joisype@aol.com

FOR ADDITIONAL INFORMATION:

- ♥ Visit: **HTCC or website- www.hanovercommunitycenter.com**
- ♥ Visit: **www.firststrides.com** ♥ Call: **HTCC 610-317-8701**
- ♥ Email: **rcepin@hanovertwp-cc.org** or **info@firststrides.com**

Additional First Strides programs and locations: **www.firststrides.com**

Check us out on

