

# Inaugural Pub Run Training Series Program

## Sponsored by the *Lake Run Club*

The inaugural Pub Run Training Series Program will be aimed at helping participants of all skill and experience levels get into shape for the annual Bloomington St. Patrick's Day 5K. **The training group will meet every Tuesday and Thursday at 6:00 pm at varying local pubs. Group training runs will officially begin Tuesday, February 12th.** Each training session will focus on running and walk-running, specifically to a 5K race. After each group run, participants will receive one free beer or non-alcoholic drink and an entry into a final raffle for a limited edition St. Patrick's Day Brooks shoe. The group on Tuesday will meet at Maggie Miley's Irish Pub in Uptown Normal and Thursday groups at the VFW Post 454 in Bloomington at the intersection of Lincoln and Morrissey.

### Tuesdays at Maggie Miley's:

2/12  
2/19  
2/26  
3 / 4  
3/11

### Thursdays at the VFW:

2/14  
2/21  
2/28  
3/7  
3/14

Mail flyers to: Often Running 206 S. Linden Street Normal, IL 61761

Online registration also available on [itsracetime.com](http://itsracetime.com)

Checks to be made out to: Lake Run Club

Please direct any inquiries to Lake Run Club or Often Running @ 309-452-7749

## Pub Run Registration

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

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

Email: \_\_\_\_\_

Please check which training group you wish to participate in:

\_\_\_\_\_ Walk/Run

\_\_\_\_\_ Running

Both Tuesday and Thursday groups (\$90): \_\_\_\_\_

Tuesday only group (\$60): \_\_\_\_\_

Thursday only group (\$60): \_\_\_\_\_

**PRICES WILL INCREASE BY FEBRUARY 9th, 2019**

Technical Long-sleeve Shirt size:

Mens: S M L XL XXL

Womens: XS S M L XL XXL

*In consideration of the foregoing, I for myself, my executors, administrators, and assignees, do hereby release and discharge the Draisine Ltd, Lake Run Club, Maggie Miley's Irish Pub, VFW Post 454, and any/all other sponsors and supporters for all claims and damages, demands, actions, and whatever in any manner arising out of my participation in the Pub Run Training Series. I attest and verify that I have full knowledge of risk involved in this events and I am physically fit and trained to participate in this event and abide by the rules of this race. I also verify that I am 21 years old or older from the time of the initial training run.*

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