



TeamFootWorks

FITNESS 101 5K TRAINING

Please fill out this form completely. Entry is NON-REFUNDABLE AND NON-TRANSFERABLE

FITNESS 101: 2026 SESSIONS

FITNESS 101.1

Jan. 5 - Feb. 18

Get Fit in the New Year!

FITNESS 101.2

Mar. 2 - Apr. 15

Target Event: Corporate Run

FITNESS 101.3

Sep. 14 - Oct. 28

Target Event: Waterford 5K

TeamFootWorks has crafted Fitness 101 Beginner Training program for anyone who wishes to enter or return to a healthier lifestyle. Regular exercise can help protect you from heart disease, stroke, high blood pressure, non-insulin dependent diabetes, obesity, back pain, improve your mood and help you to better manage stress. By running/walking for 30-45 minutes, 3- 4 days a week you will soon feel and see the positive results of a fitness-conscious lifestyle.

Participants meet twice a week for about 60 minutes on Mondays and Wednesdays at FootWorks in South Miami at 6:30pm during the 7 week program. FootWorks is located across from the Barnes & Noble at 5724 Sunset Drive. There is plenty of curbside parking as well as two garages and a parking lot. Each session starts with a 5 minute active warm-up. Then participants will follow their group leaders to complete that day's workout.

Our group leaders are veteran runners and walkers with many miles of experience. Each of them will lead one of the pace groups for the length of the program. The pace groups are walking, 1-1, and 2-1. The 1-1 and 2-1 is our jargon of determining the interval. We break up the larger goal of completing the distance into something a lot more manageable. We will run for just 1 minute or 2 minutes. Then, after each of these segments, we all rest by walking for 1 minute. This interval training or run/walk method allows you to focus on just the next 1 or 2 minute run segment.

FITNESS 101: TAKE YOUR FIRST STEP TO FITNESS



2026 PROGRAM FEES – CHOOSE YOUR SESSION(S): \$6.05 Credit Card Handling fee

Get Fit in the New Year!	Target Event: Corporate Run	Target Event: Waterford 5K	TOTAL
FITNESS 101.1 Jan. 5 - Feb. 18	FITNESS 101.2 Mar. 2 - Apr. 15	FITNESS 101.3 Sep. 14 - Oct. 28	
<input type="checkbox"/> \$89	<input type="checkbox"/> \$89	<input type="checkbox"/> \$89	

INTERNAL USE ONLY:

DATE: _____

CHECK#: _____

Personal Information

Last Name: _____ First Name: _____

Mailing Address: _____ City: _____ State: _____ Zip: _____

Gender: M F Date of Birth: ____/____/____ T-shirt Size: Women's S M L XL XXL Men's S M L XL XXL Email: _____

Cell Phone Number: (____) _____ Emergency Contact: _____ Emergency Contact Number: (____) _____

Mail completed entry form with fee payable by check or money order to:



TeamFootWorks
TEAMFOOTWORKS.ORG

TeamFootWorks
Attn: Training Programs
5724 Sunset Drive
South Miami, FL 33143

We Make Fitness Fun!

TO PAY WITH A CREDIT CARD PLEASE VISIT:
TeamFootWorks.org

WAIVER - REQUIRED

I know that participating in a run/walk event is potentially hazardous. I will not enter and participate unless I am medically able and properly trained. I warrant I am fit and able to safely complete the event. I assume all risks associated with the event, including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and track on the course. All of these risks are known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my entry, I, for myself, and anyone acting on my behalf, waive, release and hold harmless TeamFootWorks, the Road Runners Club of America, all suppliers, all sponsors, and its affiliates, the municipalities in which the event is held, all the aforementioned named parties' respective directors, officers, employees, agents, assigns, representatives and successors and any social or group associated therewith, from and against all claims, damages, liabilities, costs and expenses, of any kind, including reasonable attorneys' fees, arising out of my participation in this event even though that liability may arise out of my negligence or carelessness, and/or the negligence of carelessness of any individual or organization named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, verbal or written statements, or any other record of this event, for any legitimate purpose. I am of legal age, have read this release, fully understand it, and freely agree to all of its terms.

Signature of Applicant

Date

Signature of Parent or Legal Guardian (if applicant is under 18)

Date