

**Erewash Valley Running Club: beginners
Couch To 5K Registration Form***

Forename

Surname

Age.....

Address.....
.....
.....
.....

Email (we may use this to contact you with details specifically about the couch to 5k course if you do not wish to be contacted leave blank)

.....

Telephone number.....

Emergency Contact

Name

Telephone.....

Do you have any previous running or exercise experience? (e.g gym classes or completely new to structured exercise).....
.....
.....
.....
.....
.....

I understand that Erewash Valley Running Club (EVRC) will not be held responsible for any loss, injury or illness sustained during the EVRC Beginners Couch to 5k Course. I agree that I participate in the course entirely at my own risk.

Signature

Date

***Details will be stored as a paper record for the duration of the course then destroyed.**