

*Eager to start running but not sure how?  
Already a runner but struggling to improve your times?  
Running alone and looking for buddies with similar goals?*



*Get ready to embark on a 16-week running streak... Lace up your sneakers and join the*

## **STREAKERS 3.0!**

No worries, we won't be running in the buff, but I do promise lots of other fun! Join me, Jen Goff, and Off'n Running Sports for a training program that will prepare you for your choice of a 5k or 10k. The program will begin on Thursday, March 15<sup>th</sup> and conclude the week of July 4<sup>th</sup> with the Freedom Run 10k, Kernersville July 4<sup>th</sup> 5k, and/or the Fire on the Track 5,000 meters and Relay. The events are optional.

### **Being a *STREAKER 3.0* has its perks! ...**

- All participants receive an individual 45-60 minute consultation to discuss individual running history, health, and aspirations. You will also have a mid-program consultation to assess progress. A gait analysis is included. Based on this information, a personalized, 16-week training plan will be created for you.
  - Enjoy a 10% discount on ALL purchases at Off'n Running!
  - We meet as a group twice a week: Mondays & Thursdays @6pm.
- Informational sessions every other week after Thursday runs. Info discussed will include nutrition and hydration, injury prevention, running psychology, stretching and strengthening; etc.
  - Unlimited emails and calls and individual attention!
  - 20% discount on Off'n Running managed races!
    - *STREAKER* technical shirts!
  - One free yoga session taught by an area professional!
    - Guest professional and inspirational speakers!
      - Celebratory dinner in July!
      - Other perks along the way!

*Program Cost: \$125 for new Streakers; \$100 for returning Streakers.*

*Streakers 3.0 will be capped at 40 participants.*

*Check the Streaker Too's out on Facebook: Off'n Running Streakers*

**I'M PROUD TO BE A  
STREAKER 3.0!**

Name \_\_\_\_\_

Address \_\_\_\_\_

Age \_\_\_\_\_ DOB \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

Emergency Contact \_\_\_\_\_

Emergency Contact Phone \_\_\_\_\_

What do you want to train for? (circle)      5K      10K

Are you (circle)

A new runner?      Hoping to PR?      Interested in meeting new running buddies?

Other (list):

\_\_\_\_\_

What is your ultimate goal through this program?

\_\_\_\_\_

If you reach your goal, what is one thing you will treat yourself with?

\_\_\_\_\_

*Email, mail, or bring this form to:*

**Jen Goff**

**Off'n Running Sports**

**3731 Lawndale Drive, Greensboro, NC 27455**

**jen@offnrunningsports.com**

Program Cost: Returner: \$100; Newbie: \$125

**Payment type:** (circle)      Cash      Check      CC

If by mail, please include cash or check (made out to Off'n Running Sports).

CC Info: Name on Card: \_\_\_\_\_

Number: \_\_\_\_\_ Exp: \_\_\_\_\_

**\* If by email and paying by cash or check, payment will be taken at time of your individual consultation.**