



BOONTON RECREATION PRESENTS:



# ADULT 5K TRAINING PROGRAM

# RUNTASTIC KIDS PROGRAM

Join this 10-week fun, gentle, and non-intimidating training program designed for beginners who would like to run or walk a 5K. Or, for those who are ready for a bigger challenge, try the 10K distance! For the 5K, there is NO EXPERIENCE NECESSARY and everyone is welcome! For the 10K challenge, participants should be comfortable with completing 3 miles walking or running. Program begins Monday, April 13, at 6:00PM.

Want to participate but don't know what to do with the kids (Grades K-8)? Sign them up for the RunTastic Kids class, running in tandem with our adult class! (Second family member is half-price). Or sign them up on their own for the RunTastic Kids program. The Kids program will be tailored to the age group, and everyone will receive guidance and support from experienced coaches.

Our goal race is the family-friendly Run For Marge race in Pequannock, NJ on June 14. 10K participants will be assisted in choosing a race.

Participants are responsible for registering and race fees are not included in the class tuition.



**endurance train**  
PERSONAL TRAINING AND ENDURANCE COACHING

**Program Outline:**

- Group A: Beginner
- Group B: Intermediate
- Group C: Experienced.

Week 1: Finding Your Pace  
 ex: Group A: Walking  
 Group B: Walk/Run  
 Group C: Run

Week 2 and 3: Form Basics

Week 4: Road Safety

Week 5: Stretching and Flexibility

Week 6: Strength Training

Week 7: Speed Play

Week 8: Guest Speaker, Nutrition

Week 9: Run the Race Course option

**MONDAY NIGHTS, April 13- June 8, 6:00- 6:45 PM**

**Location: Boonton Recreation Center (1210 Cedar Street) and Pepé Field, Boonton.**

**10-week program- \$98 per person, with a portion of that going towards Boonton Recreation Department equipment and programs. No equipment or experience required but bring a water bottle and comfortable sneakers. (Any additional family member is half price- \$49)**



Jeff Eades lives in Boonton with his wife Amy, and has two daughters, Gabriella and Madeline. He's a Certified Personal Trainer through the National Academy of Sports Medicine and has helped athletes attain national level and perform collegiately.

As a competitive local runner and triathlete, Jeff has run every distance from the mile on up to completing 100-Mile Ultramarathons through the hills of Vermont and the elevation of Lake Tahoe.

He runs the Boonton Boot Camp at the Rec Center, offering 9 classes a week, trains personal clients in-home and at ONE Human Performance in Montville. He's a specialist in the Functional Movement Screen in evaluating movement and assigning corrective exercise.



Beth Cunningham lives in Boonton with her husband Joe and their daughters Grace and Lucy. She began running in the 7th grade and hasn't stopped since.

During her 8 year tenure as music teacher in the Rockaway Township school district, Beth co-founded the Girl Power Club for girls in 4th and 5th grade, which focused on self-esteem, nutrition, healthy habits, and training and completing a 5K race. She has worked at Fleet Feet Sports in Montclair as a running shoe fitting expert for the past 14 years and has coached 5K to 10K training programs through Fleet Feet and the Montclair Adult School for the past 8 years. Beth has also coached individuals and corporate teams to complete the 5K distance.

Please visit [www.EnduranceTrain.com/5k](http://www.EnduranceTrain.com/5k) for details



## Boonton 5k Running Program

To register, complete this Registration Form and Waiver and mail, (Payable to Boonton Parks and Recreation) along with your check to: Boonton Parks and Recreation, 100 Washington St, Boonton, NJ 07005.

Name \_\_\_\_\_ Age \_\_\_\_\_

Name \_\_\_\_\_ Age \_\_\_\_\_

Name \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

Emergency Name & Number \_\_\_\_\_ Guardian email \_\_\_\_\_

Please list any injuries or limitations \_\_\_\_\_

Any allergies or other \_\_\_\_\_

I am covered by appropriate Medical/Accident Insurance and I accept full responsibility for any injury that might occur during this program. I will not hold the Boonton Recreation Committee, Endurance Train, or any of their employees responsible for any accidents or injuries which may occur in the course of, prior to the start of, or after the facilitation of the above program. I hereby grant permission to the rights of my image, likeness without payment or any other consideration. I understand that my image may be edited, copied, exhibited, published or distributed and waive the right to inspect or approve the finished product wherein my likeness appears. There will not be make-up classes when weather causes cancellations.

Signature of parent or guardian \_\_\_\_\_ Print Name \_\_\_\_\_