



COUCH TO 5K REGISTRATION FORM

PARTICIPANT CONTACT DETAILS

NAME.....D.O.B.....AGE.....

ADDRESS.....

.....POST CODE.....

TEL (HOME).....TEL (MOBILE).....

EMAIL.....

Would you like to join our WhatsApp group?.....YES/NO

EMERGENCY CONTACT DETAILS

NAME.....

ADDRESS.....

.....POST CODE.....

TEL (HOME).....TEL (MOBILE).....

HEALTH QUESTIONS

Please list any health issues that we should be made aware of:

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I understand that if I have any concerns regarding medical conditions, I will consult my GP before undertaking physical activity. If my health changes at any time during the programme I will inform the coaches.

I understand that I participate with the program at my own risk and that no person(s) or organisation(s) will be held responsible for any accident, injury or loss to myself.

Occasionally, we may take photographs of our members at club events and may use these images on our website or for coaching purposes.

Please indicate your consent:

YES..... NO.....

SIGNATURE.....DATE.....

Please return the completed form to c25k@dorsetdoodlers.org

FREQUENTLY ASKED QUESTIONS

1) I have never run before; will this be for me?

We are using a tried and tested, but slightly modified Couch To 5k program, which is especially suitable for those beginning running and those returning to running. The program will slowly start with small periods of running interspersed with walking. This period will slowly build up over the 10 weeks.

2) How does the course work?

The course is based over 10 weeks with the end goal being to run a 5k. The course requires participants to run 3 times per week. The Dorset Doodlers will run the course on a Monday evening. You then run twice more over the week. We recommend at least 24 hours recovery between each run.

It is important that you can commit to the 3 sessions per week – this is the key to succeeding week to week.

3) What if I am the slowest there and hold everyone else up?

Don't worry! Joining a running club can seem scary. We have four friendly volunteers who will stay with you every step of the way. We understand that people run at different paces. Nobody will ever be left behind. The course is designed for all paces and abilities.

4) What should I wear?

Something comfortable. T-Shirts and shorts or leggings will be suitable for warm evenings, whereas on a colder night you may need something a bit warmer. A pair of comfortable running shoes or trainers.

5) What support will I get?

Our coaches will run through each week's training plan before the session. We will start each week with a warmup, and end with a cool down. Our coaches are all very approachable, and we are here to help with any questions or worries you may have. We also have Whatsapp group for you to support each other.

6) What is the cost?

Nothing. The course is completely free. We love running and this is our way to give something back to our local community.

7) Will I need to join the Dorset Doodlers?

No. We want you to enjoy running as much as we do. If at the end of the course you want to continue running and join the Doodlers then you would be most welcome. At no point over the course will we put any pressure on you to join.

8) What is the minimum age?

All participants must be over the age of 18. However, a child over the age of 14 can participate as long as they provide a notice of parental consent and must be accompanied by a participating parent/guardian on the evening.

9) Is there a maximum age?

No, as long as you are medically able to complete the course age is not a barrier.

10) I have a medical condition; can I still join?

Please consult your GP if you feel your condition will affect your ability to participate. Please inform our volunteers if you have any condition that we need to be aware of.

11) What do I need to bring with me?

Just yourself. If you want to bring a drink, you can carry a small bottle. During the darker months you may want to bring a (head)torch and hi-vis clothing.

12) With the 2 other runs we need to go, can we run with other members of this group?

Absolutely! Running with others is so much easier, and we encourage you as a group to run together throughout the week. We have a WhatsApp group set up which you can exchange messages and encourage each other!

13) How will my personal data be used?

The Dorset Doodlers have a GDPR policy, please ask to see a copy. The details you have provided will be used for this course only – we will not share this with anyone.