

5k
FUN RUN
& WALK



Employee Challenge starting March 20. Details will be announced March 6, 2017.

Had a great time. Definitely in next year. – Lori White

Count me in for next year as well! Had a great time. 😊 – Heather Tomlinson

Thank you – I had a blast and I am definitely doing it in 2017!!! – Jill Cassaro

Thank you Toni for the beautiful shirts. I love the color. I had a great time ... can't believe that I hadn't done it before. Count me in for next year. – Sandy Hurlbert

What a great group we had this year. It was nice to have so many new people joining and experiencing the excitement of 10,000 people. Everyone sign up early next year and bring a friend! – Toni Persch

COMMENTS AFTER PARTICIPATING IN THE 2016 CDPHP WORKFORCE CHALLENGE!

Are you are interested in participating in the 5K Challenge this year and need our help training? Would you like to volunteer as a trainer? We want to hear from you!

Please complete the attached form and return to Michelle Peryea, Wellness Program Coordinator, at 127 E. State Street, Gloversville, by Tuesday, February 28.

If you have any questions, please contact Michelle Peryea at (518) 775-5420.

Name: _____

(Print)

Contact Number: _____

1) Circle the time slot that is best for you to participate in a Couch to 5K Program (will only be 30 minutes to one hour sessions once a week):

7 to 10 a.m.

10:30 a.m. to 1:30 p.m.

3:30 to 5 p.m.

Other _____

2) Circle one preferred day of the week to attend:

Monday – Tuesday – Wednesday – Thursday – Friday

3) Would you like to help train a group? We are looking to have more coaches available. You will set the time of day, day of the week and location for your group to meet. We will provide you with materials to guide you through the training.

Yes

No

4) Please let us know your ability level. Circle one:

Walk only

Walk with a little bit of running

Walk/run equal amounts

Run mostly/walk at times

Run full time