

## 5K Running Club for Beginners

Many individuals have an interest in running a 5K event, but just aren't quite sure how to begin. Aurora Wellness Center Fitness Specialist Chris Jankowski has designed a 6-week training program to prepare you for the 2006 Chocolate Chase 5K Run. Participants are encouraged to work according to their own abilities. Training programs with varying levels of difficulty will be available for your choosing. Join this supportive environment to encourage your success!

### Running Club Includes

- π Level appropriate 5K training program
- π Additional information on running for beginners, from choosing running shoes to nutritional advice
- π Water bottle
- π 6 group running sessions
- π Entry Fee to the 2006 Chocolate Chase 5K

### Introductory Meeting

Chris will be available to answer questions you have about the training program and to distribute training packets on Tuesday, April 4 at 5:30pm.

### Group Running Sessions

Chris will lead group running sessions on Tuesday evenings at 5:30pm. Sessions will be held on April 11, 18, 25, May 2, 9, and 16.

### 5K Club Registration Fee

Registration fee is \$45 for members of the Aurora Wellness Center and \$55 for non-members of the center. Registrations are accepted at the AWC courtesy counter. Please call (262) 767-7000 for additional information on this program.



**Saturday**

**May 20, 2006**

**Race Start ~ 8:00am**

*Brought to you in partnership  
with the following sponsors:*



Aurora Wellness Center proudly presents the seventh annual "Chocolate Chase" 5K Run/Walk, benefiting Burlington's ChocolateFest. The "Chocolate Chase" will take place on Saturday, May 20 at 8:00am.

### Course

Straight course leaving the AWC and heading North on McCanna Parkway, crossing Hwy. 11, moving East on Weiler Road. Racers will turn North onto Lake Street following until intersection with Browns Lake Drive, then will move SW on Browns Lake Drive, cross Hwy. 11 onto Chapel Terrace heading South. Turn East onto Meadow Lane, finishing at the AWC.

### Entry Includes

- π Full color race T-shirt
- π Nestle Chocolate Bars
- π ChocolateFest Entry
- π Race-day refreshments
- π Aurora Wellness Center Guest Pass
- π Awards and prizes

### Registration

Mail or drop off entries to Aurora Wellness Center, 300 McCanna Parkway, Burlington, Wisconsin 53105; or register on-line at [www.active.com](http://www.active.com). Registrations will be accepted by submitting your completed entry form along with payment. Phone or fax registrations will not be accepted. Registrations will be accepted on race day from 6:30am – 7:30am. For more information, call (262) 767-7000.

### Race Packet Pickup and Race Start

Race packets can be picked up at the Aurora Wellness Center on Friday, May 19 from 12noon – 8:00pm or on race day from 6:30am – 7:30am. Race line-up will begin at 7:50am. The race begins promptly at 8:00am.

### Awards and Results

Awards will be given to the overall male and female winner, as well as the top man and woman in the following age categories: 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69 and 70+. Awards will be announced following the race.

Complete race results will be posted at the Aurora Wellness Center following the race. Results will also be posted at [www.aurora.org/awc](http://www.aurora.org/awc) within 14 days of race completion. Results will not be mailed to race participants.

### Facilities

Showers and dressing rooms are located at the Aurora Wellness Center. Race participants will have access to the boys' and girls' competitive locker rooms located on the lower level. Participants are required to bring their own towels.

### Safety Restrictions and Support Staff

For safety reasons, no pets, in-line skates, roller skates, skateboards, or bicycles are allowed on the course. If you will be running or walking with a stroller, please stay toward the back of the group during race line-up and yield to other runners and walkers on the course.

Volunteer staff and medical personnel will be available throughout the course and at race start/finish. The Burlington Police Department will provide the lead car and assistance at major intersections.

### Additional Weekend Activities ~ May 20 & 21

Art in the Garden will be held throughout the weekend, while the annual bike race is held Sunday morning. Additional information on these weekend events can be found online at [www.chocolatefest.com](http://www.chocolatefest.com).

# Official Entry Form

PLEASE PRINT \* COPIES ACCEPTED \* A SEPARATE, SIGNED ENTRY FORM IS NEEDED FOR EACH REGISTRANT.

EVENT WILL BE HELD RAIN OR SHINE \* SORRY, NO REFUNDS

Last Name		First Name	Initial	<p><i>Waiver ~ Must be signed to enter</i></p> <p>I assume all risks associated with running or walking in this event. I hereby voluntarily waive any and all rights, claims, and courses of action I have or may have against the ChocolateFest committee, its officials, or participating municipalities and their representatives, and successors, that may arise as a result of my participation in The Chocolate Chase and any pre or post event activities, that may be made by me, my child, and other members of my family, or my estate, heirs, or assignees.</p> <p>I also agree to grant permission to any and all of the foregoing to use any photographs, videotapes, recordings, or any other record of this event for publicity and/or promotional purposes.</p>
Mailing Address				
City, State, Zip				
Daytime Phone		Evening Phone		
E-mail Address		Gender		
Date of Birth		Age as of May 20, 2006		

### Entry Fees:

5K Run/Walk: \$20

Family Rate ~ max of 3: \$48

(Immediate family members only; Family entries must be received **before** Wednesday, May 10 at 12 noon.)

### Proceeds Benefit:

All proceeds benefit the Burlington ChocolateFest celebration. ChocolateFest will be held Memorial Day weekend, May 26 – 29. Additional information on this event can be found online at [www.chocolatefest.com](http://www.chocolatefest.com).

### Online Registration:



### Make Checks Payable To:

Aurora Wellness Center

### Mail Registration & Payment To:

Aurora Wellness Center  
Attn: Chocolate Chase  
300 McCanna Parkway  
Burlington, WI 53105

Signature \_\_\_\_\_ Date \_\_\_\_\_

*Parent's signature required if entrant is under 18 years of age.*

### T-shirt Size (check one):

T-SHIRTS ARE 50/50 BLEND

ADULT SIZES

- Small
- Medium
- Large
- X-Large
- XX-Large (Add \$1.00)

### Official Use Only:

Bib # \_\_\_\_\_

Ck # \_\_\_\_\_

Ck Amt \_\_\_\_\_

Packet Pick-Up Date \_\_\_\_\_

Initials \_\_\_\_\_