Runblandford "Couch to 5K" (C25K) Course Entry Form

Monday 30th June - 22nd September 2025 (Plus parkrun 27th September)

Runblandford is a Blandford Forum based social running group affiliated to the Association of Running Clubs (ARC), that has a focus on new and novice runners and running or jogging with a smile! The club meets throughout the year, generally every Monday at 1830hrs at Blandford Cricket Club. During the Summer we follow a published program of Thursday runs and events such as Trail Running, Orienteering and Hashing at various locations (usually a pub) in and around the Blandford area. Our C25K course is aimed at adult non-runners. It lasts approximately 13 weeks culminating with a 5K run at the Blandford parkrun and comprises of the following sessions:

Weeks 1-13 The Monday weekly C25K coached sessions, meeting at BCC 1830hrs. Participants will also need to complete one and ultimately two other sessions per week as follows:

Weeks 1-8 Monday Night (above) **plus one other session** from the list below

Weeks 9-13 Monday Night **plus two other sessions** from the list below:

• Weekly homework set at the end of the Monday night session (to complete on your own or get together in groups) OR

• Attend club Thursday sessions at a walk and jog pace (slightly more advanced particularly if you are starting from scratch, but we can advise you) OR

• Jog / March as slow as you like at the Blandford parkrun.

Participants will have access to a private runblandford Facebook page **runblandford C25K course** (not our main page), where we can provide you with information, links and you can chat amongst yourselves in a private message group. You can also use it to organise any homework groups. We understand that not everyone is on Facebook or wishes to join it. But we would ask you to at least join "Messenger" so that you don't miss out. (For future reference, most of the club's usual activities are organised and announced through our main Facebook Members page.) You will also need to register at parkrun.org this is where you get your barcode/QR code in order to receive your results. Please select runblandford as your club and include your parkrun registration number with your details below. (Parkrun is free to register)

Our C25K spaces are popular and although runblandford itself is a FREE to join running group, we charge a non-refundable £20 C25K course fee (**Please bring Week 1**) as a fund raiser for rb,but also to ensure some commitment to your place on the course. The coaches commit to turning up every week, we hope you'll agree that it's only fair to expect the same from everyone taking up a place on the course. However, it's not all bad news, participants will be members of RB for as long as they want to be; for FREE!

Before embarking on the C25K course, it is advisable to be able to jog for 1 min then walk for 30 seconds x 5. Running has many health benefits, but we would advise seeking medical advice before starting the course and act on any advice given.

I WOULD LIKE A PLACE on the runblandford C25K course. By entering your name you are agreeing to the 6 points below. Please fill all other details and email completed forms to: runblandford.membership@gmaii.com

Once you've emailed your application, you can send a joining request to runblandford C25K course on Facebook. And don't forget to register with parkrun.org

Name_____ ***Parkrun number:*** A_____

1. σ I understand that running is a strenuous activity and that if have any concerns or doubts I should seek medical advice BEFORE taking part in the course.

2. σ I understand that my information will be kept on file until such times as I ask for it to be destroyed and that runblandford have undertaken never to share it with anyone outside the club other than in an medical emergency.

3a. σ I have no known medical condition that might impact running OR

3b. σ I have the following Medical conditions which may impact running (please state)

_____

4. σ runblandford has a zero tolerance on bullying and abusive behaviour. I understand that any such behaviour would result in being asked to leave the session and immediate withdrawal from the course. (Everyone is equal once in lycra!!)

5. σ I will bring £20 non-refundable course fee on Wk 1 of the course. Cash or Cheque made payable to runblandford

6a. σ I have a Facebook account OR

6b. σ I just have a messenger a/c. My FB/Messenger Name is_____

Address_____ Post Code_____

Phone_____Emergency contact _____Phone_____