



**JINGLE BELL
WALK'N RUN-5K
& Ugly Sweater Contest**
Saturday, December 5, 2015



**Havasu Health
Walk Challenge**

Committee:

Linda Scoles, Chairperson
Debbie Hypes
Jan Klatt
Connie McDaniel

**BRING \$\$\$
For RAFFLE**



**Event T-shirts
(if ordered by Nov. 18)
will be available
at registration**

Under the umbrella of:



**Havasu Community
Health Foundation**

Located in the Shambles
2126 McCulloch Blvd, Unit 7
P O Box 1410
Lake Havasu City, AZ 86405

Phone: 928 453 8190
Fax: 928 453 8236



**You and your friends
are invited to
"Get on Your
Feet"**

**Celebrate the holidays
by getting off the
couch, donning your
ugliest sweater**

and joining our

**Walk or Run our 5K
For Health and Wellness!**

Grand Island Park on the Disc Golf Course

Malibu Drive and McCulloch

(Malibu Drive is across from The Nautical Estates)

8:00 AM Registration & Check-In ♦ 9:00 AM Walk Starts

\$10 per person or \$25 per family of three or more

(minimum of 1 adult, but not more than 2, adults plus children under 18)

Call 453-8190 for more information. You can register on-line or
download a registration form via www.havasucommunityhealth.org

**Prize for
Ugliest
Sweater**



www.havasucommunityhealth.org

The 5K Walking Plan: From the Couch to the 5K!

Notes, Tips, Clarifications, and Things to Keep in Mind

This program is intended for people who want to walk the 5K race at a steady, strong pace and who consider themselves, or who would like to become "Fitness Walkers." If your goal is to walk the 5K at a leisurely pace, then you probably don't need a formalized "program" to do it. Just lace up your shoes—good shoes that are meant for walking—and walk 3 or 4 times per week. Start with 10 or 15-minute walks if you haven't been active at all up until this point. Work your way up to 20 minutes or 30 minutes. Ultimately, you'll want to assure yourself that you can walk continuously for 3.1 miles, which will likely take an hour or more. If your goal for the 5K is more performance-oriented, or if you are using this race as a chance to kick-start a fitness program, then having a plan and schedule will help guide your efforts.

Mondays are designated as "rest days," since the Sunday workouts are long. Rest and recovery are crucial aspects of any training program. Your muscles need time to recover from your efforts, and by being well-rested, you're not only less likely to become injured, but you're also more likely to look forward to your next workout. Daily training, except for professional athletes, can be extremely draining emotionally as well as physically.

Tuesdays and Thursdays are set aside for walks of certain times, and they lengthen as the program progresses. These walks should be done at a comfortable pace: not breathless and too fast, but also not a stroll! If you're walking with a partner, you should be able to converse fairly comfortably.

Wednesdays are "wild!" If your walk on Tuesday went well, then feel free to take another walk of about the same time. You can also choose to "cross-train," labeled "XT" on the schedule. Cross-training is any other physical activity. It could be riding a bike, swimming, taking a yoga class or doing a yoga DVD at home, lifting weights, roller-skating, flying a kite . . . There are many possibilities! Use this day to explore other ways to be active.

Fridays are rest days to give your body a chance to gear up for the weekend workouts, which tend to be more challenging.

Saturdays walk is measured in distance as opposed to time so you can get a feel for how far you can walk and the pace that you can maintain for that distance. Remember that a 5K race is 3.1 miles. Like the other scheduled walks, Saturday walks gradually build up in mileage to prepare you for the race distance.

Sundays are designated for longer walks, and you shouldn't be overly concerned with the distance you cover. Use this day to walk in a different place, perhaps a new neighborhood or on trails without mile markers. Walk as slowly as you need to, and pause to rest when you need to, but keep going! Build up to walking continuously for one hour. These days are good chances to walk with a friend, spouse, child or other fitness buddy.

Above all, have fun! Be proud of yourself for taking on this challenge!

DATES		MON	TUES	WED	THURS	FRI	SAT	SUN
10/5	10/11	<i>Rest or Walk</i>	Walk 15 minutes	<i>Rest or Walk/XT</i>	Walk 15 minutes	<i>Rest</i>	Walk 1 mile	<i>Walk 20-40 minutes</i>
10/12	10/18	<i>Rest or Walk</i>	Walk 15 minutes	<i>Rest or Walk/XT</i>	Walk 15 minutes	<i>Rest</i>	Walk 1.5 miles	<i>Walk 30-60 minutes</i>
10/19	10/25	<i>Rest or Walk</i>	Walk 15 minutes	<i>Rest or Walk/XT</i>	Walk 15 minutes	<i>Rest</i>	Walk 1.75 miles	<i>Walk 35-60 minutes</i>
10/26	11/1	<i>Rest or Walk</i>	Walk 20 minutes	<i>Rest or Walk/XT</i>	Walk 20 minutes	<i>Rest</i>	Walk 2 miles	<i>Walk 40-60 minutes</i>
11/2	11/8	<i>Rest or Walk</i>	Walk 20 minutes	<i>Rest or Walk/XT</i>	Walk 20 minutes	<i>Rest</i>	Walk 2.25 miles	<i>Walk 45-60 minutes</i>
11/9	11/15	<i>Rest or Walk</i>	Walk 25 minutes	<i>Rest or Walk/XT</i>	Walk 25 minutes	<i>Rest</i>	Walk 2.5 miles	<i>Walk 50-60 minutes</i>
11/16	11/22	<i>Rest or Walk</i>	Walk 25 minutes	<i>Rest or Walk/XT</i>	Walk 25 minutes	<i>Rest</i>	Walk 2.75 miles	<i>Walk 55-60 minutes</i>
11/23	11/29	<i>Rest or Walk</i>	Walk 30 minutes	<i>Rest or Walk/XT</i>	Walk 30 minutes	<i>Rest</i>	Walk 3.1 miles	<i>Walk 60 minutes</i>
11/30	12/6	<i>Rest or Walk</i>	Walk 30 minutes	<i>Walk 30 minutes</i>	Walk/XT	<i>Rest</i>	Jingle Bell Walk 'n Run	<i>Rest!</i>

JINGLE BELL WALK 5K—REGISTRATION FORM

A REGISTRATION FORM IS NEEDED FOR EACH PERSON WALKING.
FORMS FOR CHILDREN **UNDER 18 MUST BE SIGNED BY PARENT OR GUARDIAN.**

IF UNDER 18 YEARS OF AGE, CHECK HERE

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ E-Mail _____

(families must include minimum of one parent or guardian)

Event T-Shirt: Indicate # desired of each shirt size

___S___M___L___XL___XXL___XXXL___ Total @ \$15 Ea \$ _____

\$10 for Individual Registration or \$25 for Family Registration \$ _____

Total Paid \$ _____

Checks should be made payable to HCHF (for Havasu Health Walk Challenge)
Mail registration form with payment to HCHF, P O Box 1410, Lake Havasu City, AZ 86405,
Or drop it off at the HCHF Office, 2126 McCulloch Blvd., Unit 7, Lake Havasu City, AZ

Waiver and Indemnification (must sign to participate)

I understand that my consent to these provisions is given in consideration for being permitted to participate in this event. I am a voluntary participant in this event and in good physical condition. I hereby release and hold harmless Havasu Community Health Foundation Havasu Health Walk Challenge, the City of Lake Havasu, and any of their employees or volunteers from any claims that I may have arising out of my participation in this event. I give permission to Havasu Community Health Foundation/Havasu Health Walk Challenge and their sponsors to use any photographs, videotapes or other recordings of me that are made during the course of this event.

Signature Date

Signature of Parent or Guardian if under 18 years of age Date