



Train to Finish a 5K!

Saturday, May 11 - June 23, 2024

BAm (Be Amazed) training is a beginner program that will support you on your path to fitness through a guided walk/run interval program that progresses over 6 weeks — even if you don't like to run! **BAm** is open to all ages of adults, fitness levels, and abilities!

- 6-week, run/walk training program
NOW... In-Person or Virtual Training Option
 - Twice weekly coached runs:
Wednesdays - 6:00pm / Saturdays - 7:30am
 - Training shirts & participant medals
 - Weekly motivational emails
 - Clinics on stretching, strength training, nutrition/hydration...
 - Program cost: \$120
(Race entry not included)
- Venmo: @BAmwithShawn
- Zelle: 815-790-9191
- Checks payable: "BAm with Shawn"

Q&A Kick-Off Meeting!
Wednesday, May 8th - 7pm
The Running Depot

Your Goal Race

- **Goal Race:** McHenry County Patriot Trail Run
- **Date/Time:** Sunday, June 23, 2024
- **Location:** Veteran Acres Park- Crystal Lake, IL



Venmo

Questions? Please email shawntegtmeier@gmail.com

The Running Depot | 30-H N. Williams St | Crystal Lake, IL | 815.788.9755
www.therunningdepot.com

REGISTRATION FORM Summer 2024 - 5K Training

Name _____

Address _____

In-Person Training Virtual Training

Cell Phone _____

Email _____

Emergency Contact _____

Relationship _____

Emergency Contact Phone _____

Shirt Size: Womens Mens

SM MED LRG XL



Participation Waiver

I, a participant in recreational activities, realize the inherent risks involved in this training program and I assume any and all such risks. I waive any claim against The Running Depot, BAm and or its coaches and any additional sponsors/donators of this program harmless for any injury caused by my participation. Participants registering for programs of a strenuous nature are encouraged to seek a physician's approval. Also, participants permit the taking of photos during this program for publications as The Running Depot deems appropriate.

Signature: _____

Date: _____

Meet Your Coach!

Shawn Tegtmeier



Shawn Tegtmeier is a full time Certified Personal Trainer and the author of *Running With Walt*. She has certifications in Corrective Exercise, Fitness Nutrition, Small Group Training, Behavior Modification and CPR. Prior to all of her certifications she was a self proclaimed chain smoking couch potato. Never enjoyed sports of any kind while growing up in Crystal Lake, IL with her parents, 3 siblings and variety of pets.

In the late 90's, early 2000's she had a shocking realization she smelled like a dirty ashtray. It was this first milestone, when she was able to successfully quit her beloved nicotine friends she felt empowered. With her newfound courage she felt brave enough to attempt other endeavors she had never thought of, or really thought possible.

In 2007, Shawn started the BAm training programs at her favorite local running store, The Running Depot. Since then she has successfully coached hundreds of people (of all abilities) across the finish line!

Shawn continues to try new things, loving every minute of it while always enjoying life to the fullest.