



Train to Finish a Santa 5K!

Saturday, October 25 - Sunday, December 7, 2025

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.

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:
Tuesdays - 6:00pm / Saturdays AM - 7:30am
- Training shirts & participant medals
- Weekly motivational emails
- Weekly clinics on stretching, strength training, pilates, nutrition/hydration...
- Program cost: \$120 (Race entry not included)
 - Venmo: @BAmwithShawn
 - Zelle: 815-790-9191
 - Checks payable: "BAm with Shawn"



Venmo

Q&A Kick-Off Meeting!

Tuesday, October 21st - 7pm

The Running Depot - 30-H N. Williams Street
Crystal Lake, IL 60014

Your Goal Race

- **Goal Race:** McHenry County Santa Run for Kids
- **Date/Time:** Sunday, December 7, 2025
- **Location:** Raue Center for the Arts - Crystal Lake, IL



Please email completed registration form to shawntegtmeier@gmail.com

or

Drop off at The Running Depot

REGISTRATION FORM Winter 2025 - 5K Training

Name _____

Address _____

☐ In-Person Training ☐ Virtual Training

Cell Phone _____

Email _____

Emergency Contact _____

Relationship _____

Emergency Contact Phone _____

Unisex Shirt Size:

☐ 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 BAm with Shawn, LLC 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: _____