

## Run Wild Missoula Core Strength Training for Runners Fall Session 2011

This class is designed to keep a runner's core strong. Core work conditions the body from the abdominals to the arms and legs. Often runners are much stronger in their lower extremities than their core. This results in an imbalance in the body that it will continuously try to remedy. Classes are held at MOVE Missoula, 1900 Broadway, C (Mon. & Thurs. classes) and the Runner's Edge, 325 N. Higgins Ave. (Wed. class). Mats provided, comfortable clothing recommended, running shoes not required.

To register or find out more about these three sessions offered, email Alison Laundrie at [alison@movemissoula.com](mailto:alison@movemissoula.com) and send registration and payment to: Run Wild Missoula, Box 1573, Missoula, MT 59806

Name \_\_\_\_\_  
email \_\_\_\_\_

Are you a RWM member? \_\_\_\_

Circle which class(es) you want to sign up for.

- Monday Evening Core Strength Training, 5:15 – 6 p.m., Sept. 12<sup>th</sup> – Dec. 12<sup>th</sup>, MOVE Missoula, **Cost: \$79 for RWM members/\$88 for non-members**
- Wednesday Lunch Core Strength Training, 12:15 – 1 p.m., Sept. 14<sup>th</sup> – Dec. 14<sup>th</sup>, Runner's Edge, **Cost: \$79 for RWM members/\$88 for non-members**
- Thursday Evening Core Strength Training, 6 – 7 p.m., Sept. 15<sup>th</sup> – Dec. 15<sup>th</sup> (no class Thanksgiving Day), MOVE Missoula, **Cost: \$85 for RWM members/\$95 for non-members**

By signing this, I acknowledge I assume all risks involved in participating in Core Strength Training for Runners and fully understand that Pilates may include risks. I acknowledge that I am medically able to participate in Core Strength Training for Runners. I agree to abide by any decision the instructor makes relative to my ability to participate in the class. Having read this waiver and knowing these facts, I waive and release Run Wild Missoula, Runner's Edge, MOVE Missoula and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities, even if that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

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

Parent/Guardian Signature if under 18

\_\_\_\_\_ Print \_\_\_\_\_



Thank you, Move Missoula & Runner's Edge, for use of your space!