

Run Wild Missoula

Beginner Runner Training Class

Please fill out completely and mail to Run Wild Missoula, P.O. Box 1573, Missoula, MT 59806, or turn in at Runner's Edge, 325 N. Higgins.

Are you having a hard time getting motivated to start running, or lacking consistency? Don't know where to begin, or you don't want to do it alone? Perhaps you are coming back from a long absence from running and need to start out slow, and ease back in. If you are nodding your head yes, then this class is for you. Join us for an 8-week program that will start with running/walking intervals and gradually work up to completing the Pumpkin Run 5k on October 16, 2010. This is truly a beginners' class so don't be intimidated. Pace doesn't matter. Your goal will be to complete a 5k run, and our goal will be to inspire you to keep right on going long after this training class is finished.

Registration Fees:

Run Wild Missoula Members: **\$25.00*** Non-Run Wild Missoula Members (includes individual membership fee. Please fill out membership form at www.runwildmissoula.org): **\$50.00***

What you get:

- Leadership, coaching and advice
- Comprehensive Training Program to complete 5K
- Twice weekly group runs (Saturdays at 8:15 a.m. and Thursdays at 12 noon at Runner's Edge)
- "Run Wild Missoula" hat
- A goal to run the Pumpkin Run 5K on Saturday, October 16
- Other fun people to train with
- Inspiration, motivation and fun!

Name (Please Print): _____ Age: _____ Male/Female
Address (Street or PO Box, City, State, Zip): _____
Phone: _____ Email: _____

- 8 Week Class begins Saturday, August 21 at 8:15 a.m. & meets Saturdays at 8:15 a.m. and Thursdays at 12 noon until the Pumpkin Run 5K on Saturday, October 16. First class meets at Runner's Edge, 325 N. Higgins, Missoula. Come ready and dressed to run!

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release Run Wild 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. I also grant permission for the use of any photographs, motion pictures, recordings or any other record of my participation in this event for any legitimate purpose.

Signature _____ Date _____
Parent/Guardian Signature if under 18 _____ Print _____

