

Run Wild Missoula

Running/Walking Class for Parents

"Where Parents Are Understood"

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 looking for a comfortable place to get back into shape now that you a parent? Perhaps you want to get out of the house with baby or you want to shed some pregnancy (or dad) pounds? This class is open to moms and dads (of kids of any age) who want to learn how to train for a 5K. You're welcome to come with your child or without—it's up to you. It's a friendly class to run with children in a stroller and/or to bond with other parents. Moms must be at least 6 weeks postpartum unless they have a release from their doctor. Babies should be at least 6 months old before they can ride in a jogger stroller. Please consult with your pediatrician.

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:

- *Comprehensive Training Program to complete 5K*
- *Weekly group runs on Fridays at 5:30 p.m. at Runner's Edge until the Pumpkin Run on Oct. 16*
- *Speakers*
- *"Run Wild Missoula" hat*
- *Other parents to run with*

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

- 8 Week Class begins Friday, August 27 & continues until the Pumpkin Run 5K on Saturday, October 16. First class meets at the Runner's Edge, 325 N. Higgins Ave., Missoula. Come dressed and ready 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 _____

