

Missoula Marathon and Half-Marathon Training Class Registration 2010

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

Registration Fees:

Run Wild Missoula Members: **\$55.00***

Non-Run Wild Missoula Members (includes individual membership fee. Please fill out membership form at www.runwildmissoula.org): **\$80.00***

***The registration fee does not include registration of the Missoula Marathon.**

What you get:

- Coaching by Anders Brooker, cross country & track coach, Hellgate High School; owner, Runner's Edge
- Comprehensive Training Program for Full and Half Marathon Trainees
- Group runs on Wednesdays at 6 p.m. & Sundays at 8 a.m., Runner's Edge
- Weekly Speakers
- Nutrition Plan
- "In Training for the Missoula Marathon" hat
- Training Log & Informational Booklet
- Aid Stations every week
- Gels on long runs (the same brand used on the course of the Missoula Marathon and Half Marathon)

Name (Please Print): _____ Age: _____ Male/Female _____

Address (Street or PO Box, City, State, Zip): _____

Phone: _____ Email: _____

- 18 Week Class begins Sunday, March 7 & continues until the Missoula Marathon and Half-Marathon on Sunday, July 11!

First class meets at Runner's Edge, 325 N. Higgins, Missoula, 8 a.m. Come 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 _____

Parent/Guardian Signature if under 18 _____ Print _____

