

# Missoula Marathon and Half-Marathon Walking Training Class Registration

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: **\$20.00\***

Non-Run Wild Missoula Members (includes individual membership fee. Please fill out membership form at [www.runwildmissoula.org](http://www.runwildmissoula.org)): **\$45.00\***

**\*The registration fee does not include registration of the Missoula Marathon.** Limited scholarships are available to those needing financial assistance for the training class only, thanks to a contribution from Community Medical Center. Please contact [eva@runwildmissoula.org](mailto:eva@runwildmissoula.org) for more information.

## What you get:

- Encouragement, coaching and practical suggestions from veteran marathon walkers, Candace Crosby & Rolf Tandberg
- Comprehensive Training Program for Full and Half Marathon Trainees
- Group walks on Wednesdays at 5:30 p.m. & Saturdays at 8 a.m., Community Medical Center
- Speakers on various training topics
- Nutrition Plan
- "In Training for the Missoula Marathon" hat
- Fun People to Train With

Name (Please Print): \_\_\_\_\_ Age: \_\_\_\_\_ Male/Female

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

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

- 16 Week Class begins Sunday, March 20 & continues until the Missoula Marathon and Half-Marathon on Sunday, July 11!

First class meets at Community Medical Center, Conference Rooms I & J, 8 a.m.

Come ready to walk!

I know that walking and volunteering to work in club races are potentially hazardous activities. I should not enter and walk 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 walking 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 \_\_\_\_\_

