



Run Wild Missoula

Beginning Running and Fitness Class Registration

Beginning Running & Fitness Group will meet twice a week for six weeks, Wednesdays 5:30-6:30 pm and Saturdays 9-10 am. Meet downtown at Missoula School of Massage, 135 E. Main. This pilot course includes:

- ❖ Two fabulous instructors: Jenny Newton & Kendra Borgmann (log on to www.runwildmissoula.org for more info.
- ❖ a detailed six-week training plan
- ❖ an electronic log that will automatically track and graph progress
- ❖ strength and flexibility exercises
- ❖ information on heart rate, nutrition, and hydration
- ❖ blog for the class where we will post pictures, information, and answer questions
- ❖ Inspiration, Motivation and Fun!

This course is geared toward anyone seeking guidance, structure, and inspiration to gain fitness. Let us help you follow through with your New Year's resolutions!

Registration is \$40.00 for RWM members, \$50 for non-RWM members. Please fill out completely and mail to Run Wild Missoula, P.O. Box 1573, Missoula, MT 59806, or bring to Runner's Edge, 325 N. Higgins Ave.

First Class: Saturday, February 2, 9-10 am Ends: Wednesday, March 12, 5:30-6:30 pm

Name (Please Print): _____ Age: _____

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

Male/Female _____ Phone: _____ Email: _____

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.

Signature _____ Date _____

Parent/Guardian Signature if under 18

Signature _____ Print _____

