



Run Wild Missoula Beginner Runner Training Class II Registration

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.

Do you run a little? Do you want to run more? Well then, let's keep running! The Beginner Runner Training Class II is targeted to people who can run 30 minutes without stopping. In this 6-week program, we will continue to gradually build mileage and endurance. Maybe you are looking ahead to this spring and the Missoula Marathon training programs that are approaching, but you feel that you might have a hard time staying motivated through the winter. Running is a lot more fun when you have someone to run WITH, so hang on to what you you've gained, whether on your own, or through the Beginner Running Training Class in December, and join us!

There are two weekly group runs, Wednesdays and Saturdays. Wednesdays meet at 6:15 pm at Runners Edge; Saturdays meet at 9:00 am at Runner's Edge. The training program for the entire session will be distributed at the first meeting.

Registration is \$25.00 for the six-week class, or free to Run Wild Missoula Members (find membership form at www.runwildmissoula.org).

Name (Please Print): _____ Age: _____

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

Male/Female _____ Phone: _____ Email: _____

Class Dates:

Start: Saturday, January 12, 2008 (Meet at Runner's Edge; 9 am)

End: Wednesday, February 20, 2008

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 _____