



Monday, June 10, 2019 6:00 pm

Half or Full Marathon Training Group

- 1) Welcome
- 2) Can't Stop Running Co. – Judy Williams
- 3) Our Goals – Help you train for a Half or Full Marathon
- 4) Program
 - a) Consultation
 - b) Custom Training Plans
 - c) Weekly Group Runs/Walks
 - d) Shirt
 - e) Discounts
- 5) Cost of 16 week Training Group Program is \$75.00
- 6) Group meetings start the week of June 10th
- 7) Registration Information and Training Group Fees are due prior to or at the Monday, June 17th group meeting

For additional information – Can't Stop Running Co. 937-778-1515 or judycsrc@gmail.com

Last Name _____ First Name _____ Ph. _____

Address _____ City _____ State _____ Zip _____

Email _____ DOB _____

Emergency Contact _____ Emergency Phone _____

Male _____ Female _____ Shirt Size (Gender Specific)– S M L XL XXL **Make Checks Payable to: Can't Stop Running Co.**

In consideration for the acceptance of my registration as a participant in the above entitled event, and with the understanding that my participation in this event is only on condition that I enter into this agreement, for myself, my heirs and assignees, I hereby assume the inherent risks involved in the Training Program and any risks inherent in any other activity connected with this event in which I may voluntarily participate. I expressly assume the risk of and accept full responsibility for any and all injuries, including death and accidents which may occur as a result of my participation in this event and release from liability, Can't Stop Running Co, and their officers, directors and agents, representatives, employees and members. I hereby waive any claim I may have hereafter as a result of my participation in the Training Program and in any other activities connected with this event in which I may voluntarily participate. I have read this release of liability and assumption of risk agreement, fully understand its terms, understand that I have given up substantial rights by signing it, and sign it freely and voluntarily without any inducement.

Signature _____ Date _____