



Fit to Race

Summer Race Training for Runners

10 Weeks to 15K

Training Program

Thursdays, July 8 - September 9

5:30 - 6:45 PM

Fee: \$60 (Shirt included!)

What: This 10-week training program will help you prepare for the Fairhaven Runners Waterfront 15K (or other fall race). Enjoy a program of diverse and proven workouts that are sure to improve your running and racing. Open to all paces, but be sure to be able to run for 30 minutes continuously before the program begins.

Join this 10-week program and get:

- Coaching on how to get the most out of your running workout.
- Techniques to make you stronger and faster.
- A planned weekly group workout in a supportive environment.
- A 10-week long training schedule.
- A commemorative running shirt.
- Race ready!

Great for beginning runners who want a non-intimidating learning environment and experienced runners who want to improve fitness and speed.

Who: The staff at Fairhaven Runners includes track coaches, runners with decades of experience and very supportive, encouraging personalities. We will work to help you make progress.

Questions: If you have any questions about the program please call us at 676-4955 or email steve@FairhavenRunners.com.

Sign Up: Complete this registration form, or download a form at www.FairhavenRunners.com, or just come to the store!



1209 11th Street | Bellingham | www.FairhavenRunners.com

360.676.4955 | STORE HOURS: Mon - Sat: 10 - 7 | Sun: 11 - 5

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10 Weeks to 15K!

To Sign Up: Complete the registration form below and bring into Fairhaven Runners & Walkers. Or mail this form with a check to: Fairhaven Runners, 1209 11th Street, Bellingham, WA 98225. You can also download a registration form from www.FairhavenRunners.com.

E-mail: Communication by e-mail during the program is very helpful. Please provide a reliable e-address below.



Participant Agreement, Release and Acknowledgment of Risk

I hereby agree to release and discharge Fairhaven Runners, its owners, employees, agents, coaches, volunteers and all others acting on its behalf, on behalf of myself, my spouse, my children, my parents, my heirs, assigns, personal representative and estate as follows:

1. I acknowledge that clinic and training programs for runners/walkers entail risk which could result in serious injury, paralysis, death or damage to myself, third parties and my own or others' property. I understand such risks cannot be eliminated completely without jeopardizing the essential qualities of these activities. Sample risks included, but are not limited to, the effects of: weather, exertion, running surfaces and their condition, vehicle traffic, insects and animals, improper first aid, my own physical condition and level of experience, my own failure to follow safety and instructional guidelines and error, negligence, or insufficient instruction on the part of Fairhaven Runners, its coaches or run leaders.
2. I expressly agree and promise to assume all risks in this training program. My participation in this training program is voluntary and I elect to participate despite the risks.
3. I hereby voluntarily release, forever discharge and agree to hold harmless Fairhaven Runners from any and all claims, demands or causes of action which are in any way connected with my participation in these activities, including all claims which allege negligent acts or omissions of Fairhaven Runners.
4. I agree to indemnify and hold harmless Fairhaven Runners from incurring attorney's fees and costs to enforce this agreement. I agree that any legal action shall be brought only in Whatcom County and Washington State law shall be applied. If any portion of this agreement is deemed invalid or unenforceable, all other portions of this agreement shall remain in full force and effect.
5. I certify and agree that I have insurance or sufficient funds to cover injury or damage I may cause or suffer while participating in these activities. I certify that I have no medical or physical conditions which would interfere with my safety in these activities, or else I am willing to assume and to bear the costs, directly or indirectly, by any such conditions.
6. By signing this document, I acknowledge that if any injury occurs, I may be found by a court of law to have waived my right to maintain a lawsuit against Fairhaven Runners on the basis of any claim from which I have released it herein.
7. I understand my image and words may be used in marketing material.
8. I have had sufficient opportunity to read this entire document. I have read and understood it, and I agree to be bound by its terms.

Signature of Participant: _____ Print Name: _____ Date: _____

Phone: _____ Address: _____

E-mail Address (needed for ongoing communication during trail running camp): _____

Participation Fee: \$60 — shirt included!

Please pay prior to or at first session on July 8, 2010

If registering by mail, make check payable to Fairhaven Runners & Walkers.

If registering in store you may use cash, check or credit card.



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