



# Pick Up Your Pace! Mini-Clinic for WALKERS

*Get Fast and Fit*  
(in Just Two Sessions)!

**Tune up your walking workout**, in just two mini-clinics — packed with techniques, individual coaching, and takeaway tips that will help you feel fit for spring! Coach Cindy Paffumi will show you how to increase your walking speed, make your walking aerobic, and rev up your workouts.



## **Sign up for your spring mini-clinics and get:**

- Coaching on how to increase your walking speed.
- Techniques for making your walk aerobic.
- Individual gait analysis.
- Fun, supportive, non-intimidating environment.
- Perfect for walkers at all levels who want to increase speed and improve fitness levels.
- Coaching from a former national-class race-walker, who is committed to the benefits of walking (not just racing)!

**Two Clinics:** Monday, April 19, 6:30 - 7:30 PM  
Monday, April 26, 6:30 - 7:30 PM

**Location:** Fairhaven Middle School track (track is located behind school at 110 Park Ridge Road, in Fairhaven, just south of 12th Street and Chuckanut Drive juncture)

**Fee:** \$20 total

**Your Coach:** Cindy Paffumi has over 25 years of race-walking experience -- and she relishes the benefits of walking for fitness. "You don't have to race to get the benefits of race-walking," she says. Cindy loves the camaraderie found with other walkers and the beauty of our local trails.



**Questions:** Have questions about the program? Want to talk to the coach? Contact Coach Cindy Paffumi at (360) 319-3350 or e-mail [cpaffumi@comcast.net](mailto:cpaffumi@comcast.net).

**To Sign Up:** Complete this registration form, or download a form at [www.FairhavenRunners.com](http://www.FairhavenRunners.com), or come to the Fairhaven Runners & Walkers store. Walking clinics fill quickly — sign up today!

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**Get Fast and Fit**  
**(in Just Two Sessions)!**

**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](http://www.FairhavenRunners.com)

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

**Questions:** Contact coach Cindy Paffumi at (360) 319-3350 or e-mail [cpaffumi@comcast.net](mailto:cpaffumi@comcast.net).



## 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: \_\_\_\_\_

Participation Fee: \$20

Please pay prior to or at first session  
on Monday, April 19, 2009

Circle pay method:

Cash Check Visa MC AmEx



1209 11th Street | Bellingham | [www.FairhavenRunners.com](http://www.FairhavenRunners.com)  
360.676.4955 | STORE HOURS: Mon - Sat: 10 - 7 | Sun: 11 - 5