

WOMEN IN TRAINING

10 WEEK PROGRAM
*for women of all
ages and abilities*

Designed for beginning and experienced women runners, run-walkers, and walkers

Begins Monday, April 22, 2019

Meet at 6:00 pm in Hoffmantown Church parking lot
(near the northeast corner at Harper & Ventura NE)

- 10 weeks of training with 2 group workouts per week:
Wednesday at 6 pm (track or hills)
Saturday at 7:30 am (various locations)
- private Facebook group with training schedules, details, photos, and messages
- a Women-in-Training tech-fabric shirt
- a 5K training plan and guidance from ARR mentors
- clinics on gear, nutrition, and more
- WIT After-Party

WOMEN IN TRAINING 2019

MAIL TO: Albuquerque Road Runners
PO Box 20011, Albuquerque, NM 87154

REGISTRATION FORM

NAME _____

ADDRESS _____ Age _____

CITY _____ STATE _____ ZIP _____

Email _____ Daytime Phone _____

INTERESTED IN (please check one) Beginning Running Intermediate Running Run-Walking Walking

Circle T-Shirt Size: S M L XL 2XL

Program Fee: \$50 for ARR members \$65 for non-ARR members

(Entry to Women's Distance Festival not included in fee)

Please make check payable to
ABQ Road Runners

Amount \$ _____
Date Rec'd _____ Cash Check # _____

I know that running is a potentially hazardous activity. I should not enter a running program unless I am medically able. I agree to abide by any decision relative to my ability to safely participate in this running program. I assume all risks associated with running, including but not limited to falls, contact with other participants, the effects of weather, including high heat and/or humidity, the condition of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing the facts, and in consideration of your acceptance of my application for this training program, I for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Albuquerque Road Runners Club, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this club program, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. Headphones are not allowed.

SIGNATURE _____ DATE _____

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