

ALBUQUERQUE ROAD RUNNERS CLUB

Women In 2017 Training

10 WEEK
PROGRAM

FOR
EXPERIENCED
RUNNERS
TOO!

for women of
all ages and abilities

WIT Program Director: Jane Cudney-Black

For runners, run-walkers, and walkers – Train with us to participate in
Albuquerque Road Runners Club's
31st Annual Women's Distance Festival – 5K Run & 5K Walk – July 9, 2017

Starts Monday, May 1 *at* Albuquerque Academy Track

6:00 pm – Meet & Greet / Registration

6:30 pm – Welcome & Short Training Session

REGISTRATION FORM

NAME _____

ADDRESS _____ Age _____

CITY _____ STATE _____ ZIP _____

Email _____ Daytime Phone _____

I am 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 \$70 for non-ARR members

(Entry to Women's Distance Festival *not* included)

(Includes 1 yr ARR membership)

CASH OR CHECK ONLY except online at newmexicosportsonline.com

Please make checks payable to Albuquerque Road Runners Amount \$ _____ Paid

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 _____

Need more details? Visit www.abqroadrunners.com (under Club Info)