



DOUBLE BRIDGE TRAINING PROGRAM

ABOUT THE PROGRAM

The Double Bridge Training Program is for runners who want to safely increase distance and comfortably finish the Double Bridge Run 15k. The program is 16 weeks of training and culminates with the Double Bridge Run on February 6th.

TRAINING SCHEDULE

The group trains together on Tuesday and Thursday evenings from 5:30 to 6:30 pm and every other Saturday at 6 am. Workouts are prompt and begin and end on time from Running Wild.

IMPORTANT DATES

- OCTOBER 15** Welcome Night
- OCTOBER 20** First Practice
- FEBRUARY 4** Last practice and Pre Race Meeting
- FEBRUARY 6** Race Day

TRAINING PRE-REQS

Participants must be able to comfortably run a 5k.

REGISTRATION

Registration ends **October 15th**. Training fee is **\$175**. This includes a training schedule, coached workouts, seminars on distance training topics, a technical training shirt, \$20 towards a pair of running shoes, entry to the Double Bridge Run 15k and more! The training fee is non-refundable. Stop by Running Wild to register or visit werunwild.com for more info.

RESTRICTIONS

Must be 18 years or older. There will be no baby joggers, bicycles or pets allowed at training sessions.

QUESTIONS?

Contact Nicki Brask:
nicole@werunwild.com

850.435.9222

**3012 E. Cervantes St.
Pensacola, FL 32503
werunwild.com**

Winter 2009 Registration Form DOUBLE BRIDGE 15k TRAINING EVENING SESSION



Name

Address

City State ZIP Code

Daytime Phone Evening Phone

E-mail

Female Male Date of Birth Age SM MED LG XL XXL
Shirt Size (circle one)

Emergency Name Emergency Phone

Standard Waiver (must be signed by all participants!): I know that participating in a training program is a potentially hazardous activity which could cause injury or death. I should not enter and participate unless I am medically able, and by my signature I certify that I am medically able to participate in this event and am in good health. I agree by any decision of the program coordinators relative to any aspect of my participation of this event and program, including the right of any coordinator to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running in this event, included by not limited to falls, contact with other participants, the effects of the weather (including cold, heat and humidity), traffic and the conditions of the road all such risks being knowing and appreciated by me. Having read this waiver and knowing these facts and in consideration for your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Running Wild and its employees, any city, county, state and national government entity responsible for areas used in conjunction with this event, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of persons named in this waiver. Further, I grant permission to all the foregoing to use my name and images of myself in any photographs, motion pictures, results, publication or any other print, video graphic or electronic record of this event for legitimate purposes. I have read the above release and understand that I am entering this program at my own risk.

*ENTRY FEES ARE NON-REFUNDABLE AND NON-TRANSFERABLE

Participant Fee: \$175 **Registration Ends 10/15/09**

Participant Signature

Date

Mail checks to:
Running Wild
3012 E. Cervantes St.
Pensacola, FL 32503

In Store Only: credit card payment
 VISA AMEX MC DIS
Date: _____
Employee: _____