



HALF MARATHON TRAINING

Gulf Coast Half Marathon

ABOUT THE PROGRAM

The training program is designed for runners who wish to increase distance and run a Half Marathon. This program will teach you to safely increase distance to comfortably run 13.1 miles and to continue regular, injury free running. Included in the cost are coached weekly training sessions, a weekly training schedule, \$20 coupon for a pair of running shoes, monthly seminars on related topics, a technical running shirt, entry fee into Gulf Coast Half Marathon and more!

TRAINING SCHEDULE

The group trains together on Monday and Wednesday evenings from 5:30 to 6:30 pm. Workouts begin and end on time from Running Wild.

IMPORTANT DATES

- JANUARY 18** Team Meeting and First Practice
- APRIL 7** Last Practice and Pre Race Meeting
- APRIL 11** Race Day

TRAINING PRE-REQS

All participants need to be running (at least) 15 miles per week for the previous 6 weeks prior to January 18.

REGISTRATION

Training fee is \$175. The training fee is non-refundable. Stop by Running Wild 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 session.

QUESTIONS?
Contact Nicki Brask:
nicole@werunwild.com

850.435.9222
3012 E. Cervantes St.
Pensacola, FL 32503
werunwild.com

Spring 2010 Registration Form HALF MARATHON TRAINING



Name

Address

City State ZIP Code

Daytime Phone - - Evening Phone - -

E-mail

Female Male Date of Birth M D Y Y 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 TRAINING BEGINS 01/18/09

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: _____