

RUNNING TRAINING ACADEMY WILD

MY FIRST TRI GRANDMAN TRIATHLON

ABOUT THE PROGRAM

Designed for individuals who want to complete their first sprint triathlon, My First Tri will take you to the finish line. Participants will learn basics of the three disciplines (swimming/biking/running), how to navigate a transition area and overcome fear of open water swimming. Cost includes: race entry into Grandman Triathlon, coached weekly training sessions, monthly seminars on triathlon topics, a team jersey, \$20 towards running shoes, swimming clinics and more!

SCHEDULE & PRE-REQS

Participants will receive a comprehensive training schedule with specific weekly goals and regular feedback from the coach. Each Saturday morning will be a coached group training session from 8-10 am. Before starting the program participants should be able to swim 200 yards, run 2 miles (pace not important) and cycle a minimum of 5-8 miles (about 45 minutes) regardless of speed.

GEAR CHECKLIST

Prior to the start of training participants should have: Goggles, Swim Cap, Swimsuit, Bike, Bike Helmet, and Properly Fit Running Shoes.

IMPORTANT DATES

MARCH 11 Welcome/Registration Night at Running Wild 6 pm

March 15 Last day to register

MARCH 20 First group practice

JUNE 5 Race Day, 7:00 a.m., Fairhope, AL

REGISTRATION

Registration ends March 15th. Training fee is \$250 (includes entry into Grandman). This training fee is non-refundable. Stop by Running Wild or mail in this form to register.

RESTRICTIONS

QUESTIONS?

Contact Nicki Brask:
nicole@werunwild.com

850.435.9222

3012 E. Cervantes St.
Pensacola, FL 32503

werunwild.com

Spring 2010 Registration Form MY FIRST TRI-Grandman Triathlon



Name

Address

City

State

ZIP Code

Daytime Phone

Evening Phone

E-mail

Female

Male

M M D D Y Y
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 Cost: \$250 Entries not accepted after **3/15/10**

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: _____