



MY FIRST 5k Jingle Bell 5k

ABOUT THE PROGRAM

More than just a running program, My First 5k will teach you how to safely train to run a 5K race in 12 weeks. You will learn to make the necessary lifestyle changes to make fitness and running a regular part of your life. Included in the cost are coached weekly training sessions, nutrition plan, monthly seminars on related topics, a technical running shirt, a properly fit pair of running shoes (up to \$140), entry fee into the target race, and more!

TRAINING SCHEDULE

The group trains together on Monday and Wednesday. The morning session will meet at 9:30am and the evening session will meet at 5:30pm. Class lasts one hour and there are three scheduled Saturday sessions. Workouts begin and end on time.

IMPORTANT DATES

- SEPTEMBER 20 First practice
- DECEMBER 8 Last practice
- SATURDAY SESSIONS Oct 9, Nov 20, Dec 4
- DECEMBER 11 Race Day

TRAINING PRE-REQS

There are NO training pre-requisites for this class. A willing attitude and a readiness for change is all that is required.

REGISTRATION

Registration ends September 20th. Training fee is \$250 (includes a pair of running shoes up to \$140). The training fee is non-refundable. Mail this form with payment or visit Running Wild Pensacola to register.

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

Fall 2010 Registration Form My First 5k- Jingle Bell 5K



Circle One: Morning Session (9:30am) Evening Session (5:30pm)

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

Circle One: Participant Cost: \$250 (Includes Shoes) Alumni Fee: \$109

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: _____