



# Running 101 Training Program – 2009 Registration Form (Must be 18 years old to register)

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email (please write very clearly): \_\_\_\_\_

\*WE MUST HAVE YOUR EMAIL ADDRESS IN ORDER TO COMMUNICATE WITH YOU ABOUT PROGRAM INFORMATION!

Gender: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Emergency Phone #: \_\_\_\_\_

Which group are you most likely to train with? (On the first day of practice, we will help you finalize the appropriate group for you.)

- Run/Walkers
- Runners, 11 – 13 minutes per mile pace group
- Runners, under 11 minutes per mile pace group

### REFUND POLICY

There will be no refunds given after Monday, November 16<sup>th</sup>, 2009 (Kick Off), when schedules are handed out. I understand that adverse weather conditions are a possibility and are out of the control of the Fleet Feet Sports training program. I understand this class may be cancelled due to adverse weather conditions, including weather service alerts for dangerous air quality. I understand that no refunds or make-up classes will be given in the event of cancellation for adverse weather conditions.

\_\_\_\_\_ By placing my initials here, I understand and agree to the terms of this policy.

### WAIVER

In consideration of the foregoing, I, for myself, my heirs, executors, administrators, personal representatives, successors and assigns, waive and release any and all rights, claims, and causes of action I have or may have against the Fleet Feet Sports and its affiliates, their agents, employees, volunteers, officers, directors, successors and assigns, Fleet Feet Sports, the City Annapolis, and any and all sponsors, their representatives and successors, that may arise as a result of my participation in the 2009 Running 101 Training Program and any pre- and post race activities. I attest and verify that I am physically fit and a licensed medical doctor has verified my physical condition. Further, I hereby grant full permission to any and all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose, including commercial advertising without monetary payment to me. (This information is protected by the Privacy Act.).

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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**EMPLOYEE USE ONLY**

Employee Initials: \_\_\_\_\_ Date Paid: \_\_\_\_\_

\*\*Please mark paid and place in the Training Program folder. Thanks.