

PLEASE COMPLETE FORM AND RETURN TO RACKETS & RUNNERS

NAME_____

PHONE_____ BIRTHDATE_____

E-MAIL_____

EMERGENCY CONTACT NAME_____

EMERGENCY CONTACT TEL_____

RUNNER GOALS:

Distance:_____ Pace:_____

Participation WAIVER & Media WAIVER

I am 19 years or older. I know this clinic has potentially hazardous activities involved. I should only participate on physician permission. I assume any and all risks associated with this clinic not limited to falls, contact, effects of weather, roads, and traffic. I waive any release any and all rights and claims for damages sustained by me as result of this clinic including negligence. I assume sole risk and exempt any organizers or sponsors of clinic from liability. I acknowledge having read this release and waiver and I understand and accept its terms.

I agree that all photographs, video or any images taken by employees, directors, representatives or agents of the Rackets & Runners Run Program are the property of the Rackets & Runners and may be used without permission of the photographed person.

Signature_____ Date_____

Staff Initial_____ LS Invoice#_____

2017 RUN CLUB PROGRAM

RUN CLUB SESSIONS

- Seasonal Sessions are 13 weeks in length.
- Seasonal Session Fee is \$91 plus GST.
- Join a session in progress, fee is pro-rated

SELECT MEMBERSHIP

- Winter – Jan 3th to Mar 30th**
 - Great session to get back on track with your training.
 - Training for 1st Half, Sun Run, BMO Marathon.
- Spring – Apr 4th to Jun 29th**
 - Get prepared for races in the Fall season & continue with your Summer race training.
 - Stay in your groove post Sun Run.
- Summer – Jul 4th to Sep 28th**
 - Avoid Summer distractions, stay focused on fitness.
 - Training for the Victoria ½ & Marathon, Fall Classic 10K, Turkey Trot.
- Fall – Oct 3rd to Dec 28th**
 - Learn to love all of Vancouver's weather with this session, and stay motivated to run.
 - Focus will be base and cross training.
- Full Calendar Year - \$250** (plus GST)
- Drop-in Single Session - \$5** (GST Incl.)
 - 1st Drop-in is free, you must complete waiver.
 - Subscription to Run Clinic Training Guide not included with Drop-in Sessions.