

Guerilla Running presents...

# Half Marathon Training Group

**10-week Training Program**  
**September 28-December 11**  
**Wednesday Nights @ 6PM (Olympia Farmer's Market stage)**  
**Saturday Mornings @ 7:30AM (Marathon Park & other locations TBD)**  
**\$100/person**  
**(includes 1/2 off entry to OLY TROT!)**

Make this your fittest holiday yet! Guerilla Running is hosting a 10-week half marathon training program starting Weds. September 21. We will be training to run the Holiday Half in Portland, OR on Dec. 11 (<http://www.foottraffic.us/?holiday/>). Training group meets Weds. nights and Saturday mornings.

Have you been curious about running a half marathon? Do you enjoy training with others? This program will have you crossing the finish line with a smile! \$100/person for 10-week training (add \$25 for GRRC t-shirt). Participants will receive 1/2 off entry to the 2011 [Oly Trot](#). Register on-line at [Active.com](#).

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## Half Marathon Training Group REGISTRATION FORM

Name: \_\_\_\_\_ Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_

Circle One: \$100/person (no t-shirt) \$125/person (with a GRRC technical t-shirt) T-shirt Size: S M L XL  
Payment method (circle one): CASH CHECK

Mail complete registration form, signed waiver and check to:  
Craig Dickson, PO Box 13184, Olympia, WA 98508  
*Make checks payable to: Guerilla Running*

### WAIVER (MUST BE SIGNED TO PARTICIPATE)

In consideration of acceptance of this enter, I hereby for myself, my heirs, executors and administrators, assume all risk of injury, harm or damage to myself or others arising from my participation in this event, and agree to hold harmless any sponsors, volunteers, Guerilla Running, USATF, State of Washington, and any persons associated with this event, against any liability, actions, claims and damages of any kind whatsoever. My signature verifies that I am physically fit and have sufficiently trained for the event and have full knowledge to all the foregoing to use any photographs, motion pictures, recording or any other record of this event for any legitimate purpose. If I am under 18 years of age, my parent-guardian must co-sign.

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

Parent/Guardian Signature (if under 18): \_\_\_\_\_ Date: \_\_\_\_\_

