Guerilla Running presents…

Spring Marathon Training Group

16-week Training Program
January 14 – April 29, 2011
Tuesday nights @ 6PM (locations will vary)
Wednesday nights @ 5:30PM (Olympia Farmer's Market)
Saturday mornings @ 7:30AM (Marathon Park & other locations TBD)
16-week Marathon Training Program: $150
16-week Marathon Training Program & 10-week Boot Camp: $225
16-week Marathon Training Program, 10 week Boot Camp, Hillbilly Half Marathon
Race Entry: $265

Training for a marathon is about persistence, commitment, and science. Knowing how to work with the body's physiology is key to running your best 26.2. Starting January 14, 2011, we will be hosting a 16-week marathon training program. The program is designed to do more than just facilitate you "getting in the miles;" it's built to make each mile count and ensure that your encouraging the necessary changes in your physiology to be successful! We have planned our 2012 spring to provide you with all you will need to run your BEST marathon: injury free and strong!

Spring Marathon Training Group REGISTRATION FORM

Name: _____ **Address**: _____

City: _____ **State**: _____ **Zip Code**: _____

Phone Number: _____ **Email**: _____

Circle One:
16-week Marathon Training Program: $150
16-week Marathon Training Program & 10-week Boot Camp: $225
16-week Marathon Training Program, 10 week Boot Camp, Hillbilly Half Marathon Race Entry: $265

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, executers 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**: _____