



Medved Winter Training Group

December 12, 2012 – January 30, 2013

Goal: This 8 week program will increase your fitness level and prepare you for winter running and snowshoe running

Program Overview:

- A complete 8 week training program that will provide a fun and encouraging atmosphere that will help you increase your fitness level and to also start/improve running on snowshoes.
- Each participant will have ample face to face interaction with Coach Nate Huckle, plus email access for further queries outside of practice.

Program Cost:

- \$85.00 Program Fee includes coach's fee, entry into the Little Rodent 5K Snowshoe Race on February 2, 2013, a long sleeve performance running shirt and Medved Store Specials.

Headlamps are required. No refunds after December 19th.

- **Snowshoe Rental Info:** For those who need to rent snowshoes, **the program rental fee is \$50.00.** The snowshoes will be brought to the Wednesday night workouts by Coach Nate. The rental fee allows you to use the snowshoes during the Wednesday night workout. Any other rental usage would not be covered by this rental fee. *You can apply your rental fee towards the purchase of a pair of snowshoes at any time prior to February 1, 2013.*

Informational Meeting: Saturday December 1st at 10:00 am and Wednesday December 5th at 7:00 PM at Medved

For more information, please visit: **www.medvedrunwalk.com**

Medved Winter Training Group Program

Make Checks Payable to: Medved 3400 Monroe Avenue, Rochester, NY 14618

Gender: M F

Shirt Size: S M L XL

Snowshoe Rental: Yes / No

First Name: _____

Last Name: _____

Street Address: _____

City/State/Zip: _____

Phone Number: _____ Age _____

Email: _____

I know that running is a potentially hazardous activity. I should not participate unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete this event. I assume all risks associated with running this event (or series) including, but not limited to, falls, contact with other participants, the effect of weather, traffic, and conditions of the road, all such risks being known and understood by me, having read this waiver and knowing these facts and in consideration of your accepting my entry. I, for myself, and anyone entitled to act on my behalf, waive and release Medved Running and Walking Outfitters, their coaches, sponsors and agencies and municipalities, their representatives, and successors from all claims or liability of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature of Runner

Signature of Parent/Guardian of Runner under 18 years of age