



# APPLICATION

## Belleville Running Club

### Couch To 5k

### Training Program



The **Couch to 5k (aka Beginner's 5K Training) Training Program** is sponsored by the Belleville Running Club (BRC) to help individuals "ease" into a running program. BRC has outlined a program for individuals of all athletic levels to run three miles or 5K on a regular basis within two months.

The BRC was organized in 2005 with a goal of assembling runners of all levels to share the often mundane task of the "long run." BRC's overall mission is to promote the sport of running in the community. BRC also participates in the community and meets regularly for group runs.

Contacts: Evan Gudmestad (618) 401-0879 Dan Trapp (618) 420-9743  
Susan Barsaloux (618) 304-5383 Toby Trapp (618) 407-5765

In consideration for allowing me to participate in the 2016 Couch to 5K Training Program presented by the Belleville Running Club (hereafter referred to as "BRC") and held at the Belleville East High School Track, Belleville, IL and/or at other locations, I hereby take the following actions for myself, my heirs, executors and administrators, or anyone else who might claim or sue on my behalf: (a) in connection with the event, I forever release, acquit and discharge from all known obligations, losses, damages, liabilities, injuries, claims, demands, action, causes of actions and expenses, including without limitation, attorney's fees and costs, the following persons or entities: the BRC members, sponsors, event producers, and volunteers; the BRC; Chiro-Med; Belleville East High School; the City of Belleville, Illinois; and the officers, directors, employees, staff, representatives and agents of the above. (b) I acknowledge that I am aware of the inherent risks in participation in an athletic event of this type. (c) I attest and verify that I am physically fit and have not been advised against participation in the event by a qualified health professional. (d) I hereby grant full permission to any and all of the foregoing to use my name, my voice, and or my picture in any broadcast, telecast, advertising, promotion or other account of this event for any purpose whatsoever.

By my signature below, I affirm that I am either: a participant in the 2016 Couch to 5K Training Program and that I am eighteen (18) years of age or older, that I have read this agreement, that I understand its contents and that I intend to execute it; OR, the natural parent or legal guardian of the participant under eighteen (18) years of age whose name appears on the registration, that I have legal capacity to act on behalf of the named minor, that I have read the attached this agreement, that I understand its contents and that I have executed the agreement on behalf of the named minor.

**Please PRINT the information below and include a check (or cash) for \$10:**

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_ T-Shirt Size: \_\_\_\_\_ Age: \_\_\_\_\_  
Email: \_\_\_\_\_ Sex: \_\_\_\_\_  
Referred by (BRC member name): \_\_\_\_\_  
Emergency Contact Name: \_\_\_\_\_ Emergency Contact Phone: \_\_\_\_\_

Participant's Signature \_\_\_\_\_ Date \_\_\_\_\_  
Name of Minor Participant \_\_\_\_\_ Signature of Legal Guardian of Minor \_\_\_\_\_ Date \_\_\_\_\_

<i>below for Belleville Running Club use</i>	
Paid (\$10) <input type="checkbox"/>	Cash or Check (circle)

Please make all checks out to "Belleville Running Club". You may return this application at the Informational Meeting, one of the training sessions, or you may mail it to: Belleville Running Club, 108 North Jackson St, Belleville, IL 62220