

RESULTS Fitness HALF MARATHON Training Program 2017

REGISTRATION INFORMATION

Hold harmless, Waiver and Release Form:

I know that running a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained to complete this program. I agree and abide by any decision made by RESULTS FITNESS relative to my ability to complete any run. I assume all risks associated with running this event, including, but not limited to falls, contact with other participants, acts of weather, including high heat and/or humidity, traffic and the conditions of the risks being known and appreciated by me.

Having read this Agreement, and knowing these facts, and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive all rights of liabilities of any kind arising from participation in this event. The official Training Director reserves the right to change the day or time of training for any reason, but not limited to, severe weather, hazardous conditions, public emergency.

REFUND POLICY: All registration orders are FINAL once payment is submitted. RESULTS FITNESS does not refund payment for any reason. By registering to participate in this training program, I acknowledge that I have read and fully understand the terms and condition of this Agreement.

Further, I agree to this liability waiver.

Signature of Agreement:

Date Signed: _____

PRE-REQUISITE FOR ENROLLING

We ask that all participants be comfortable covering a 3-mile distance whether run/walking or running, regardless of pace.

| | <u>Check One</u> |
|--------------------------|--------------------|
| FIRST TIME PARTICIPANTS: | \$200 _____ |
| REPEAT PARTICIPANTS: | \$190 _____ |
| REGISTER WITH A FRIEND: | \$180 _____ (each) |

Please make checks payable to RESULTS FITNESS.

Contact Scott Fray at 615-604-4563 or LeannFray@comcast.net for more information.

REGISTRATION

Name: _____

Address: _____

Email: _____

Phone: (Day) _____

Phone: (Evenings) _____

I plan to run I plan to walk/run

Longest distance covered (in the past year):

0-3 Miles

3-6 Miles

6+ Miles

Training starts Saturday, January 28th @ 9:00 AM @ Results Fitness Music Row (1617 16th Ave. South). There will be a short talk followed by a 3 mile course.