

2010 Track Program Application

Name: _____

Street: _____

City: _____ State: _____ Zip Code: _____

Phone (day): _____ (evening) _____

Email Address: _____

Are you a RunHers Member (y/n)? _____

Note: If you are not currently a member of RunHers, you must join the club to sign up for track – see amounts below)

If you are new to RunHers, how did you learn about us? _____

Waiver Must Be Read and Signed:

I know that running can be a potentially hazardous activity. I should not participate in the Track Program unless I am medically able and properly trained. I agree to abide by any decision of the Coaches or their designee relative to my ability to safely complete each session. I assume all risks associated with running including, but not limited to: falls, contact with other participants, the effects of the weather, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, I, for myself and anyone entitled to act on my behalf, waive and release the Washington RunHers, Unlimited, the coaches or their designee, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in any and all of these weekly coached workouts even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature _____ Date _____

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Track Program Cost (\$150)..... _____

RunHers Membership (\$20/1 yr. or \$35/2 yrs.)..... _____

*Discount for 2009/10 Winter Maintenance Participants (- \$10) _____

*Discount for 2010 Hills & Drills Program (-\$5)..... _____

Total..... _____

*** Only one discount applies if you participated in both WM and Hills and Drills.**

Please make check payable to “Washington RunHers”. Send applications to Elizabeth Ottaway, 1712 Crestwood Drive, Alexandria, VA 22302.