

Winter Maintenance Program Application 2007-2008

Name: \_\_\_\_\_

Street: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone (day): \_\_\_\_\_ (evening) \_\_\_\_\_

Email Address: \_\_\_\_\_

Are you a RunHers Member (y/n)? \_\_\_\_\_ If yes, are you dues current (y/n)? \_\_\_\_\_

**Waiver Must Be Read and Signed:**

I know that running can be a potentially hazardous activity. I should not participate in the RunHers Winter Maintenance Program unless I am medically able and properly trained. I agree to abide by any decision of the Coach or her 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 coach or her 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 \_\_\_\_\_

\* \* \* \* \*

**Program Cost:** \$90

**Membership fee:** \$20 (for 1 year) or \$35 (for 2 years)  
(required if answer to either question above was "no")

**Summer Track Discount** -\$10

**Total:** \_\_\_\_\_

**Please make check payable to "Washington RunHers" and mail to:**

**Heather Garvey  
4717 31<sup>st</sup> Street, So. B-2  
Arlington, VA 22206**