

WAIVER

In consideration of the acceptance of my application and the permission to participate in the runners' den running clinics I HEREBY RELEASE, WAIVE AND FOREVER DISCHARGE the runners' den inc. OF AND FROM ALL claims, demands, damages, costs, expenses, actions and causes of action, whether in law or equity, in respect of death, injury, loss or damage to my person or property HOWSOEVER CAUSED, arising or to arise by reason of my participation in the said event, as a participant, whether prior to, during or subsequent to the runners' den clinics. AND NOT WITHSTANDING that same may have contributed to or occasioned by the negligence of the aforesaid. I FURTHER HEREBY UNDERTAKE TO HOLD AND SAVE HARMLESS AND AGREE TO INDEMNIFY all of the aforesaid from and against any and all liability incurred by any or all of them arising as a result of, or in any way connected with my participation in the said event. BY SUBMITTING THIS ENTRY, I ACKNOWLEDGE HAVING READ, UNDERSTOOD, AND AGREE TO THE ABOVE WAIVER, RELEASE and INDEMNITY. Authorize the organizers to use any picture or video of me taken during the clinic for internal or media purposes. I WARRANT that I am physically fit to participate in this event.

PARTICIPANT SIGNATURE

DATE OF SIGNATURE:(MONTH/DAY/YEAR)

The Runners' Den... is in its 18th year of being in the Tri-Cities communities and works hard to provide the best selection of technical shoes, clothing and accessories. The staff are what makes the shop run, their knowledge, experience and ability to take care of all your needs. When it comes to learning about your feet, training, nutrition, and anything running related, you need look no further. Workouts will be structured based on abilities and grouped for long runs based on paces. Sign up and secure your spot.

The Runners' Den is ready to give you the Experience you deserve.

Start Date: Sunday January 7th 2018

Clinic Cost: \$120.00 + tax

- 17 Thursday training sessions
- 17 Sunday long run sessions
- Technical Training Garment
- Leader Lead Runs
- Training and Race Day Nutrition
- Monthly Training Plan
- Guest Speakers
- Special Discounts in store
- 2 Training Runs in Vancouver on the course - mental/physical prep
- Optional group events including Birch Bay



Vancouver 1/2 Marathon & Full Clinic 2018

Starts Sunday January 7th 2018

Limited to 120 Participants



What your signing up for...

This Clinic is designed to take Full Marathoners and 1/2 Marathoners through a great program that will have you ready for the May 6th 2018 event. The Clinic will meet on Thursday evenings starting with endurance training and then moving into speed/tempo sessions. On Sundays we will meet for the long runs to build up your endurance and time on your legs. The goal is to get you through the training injury free and building a love for distance running.

The Runners' Den is in its 18th year of being in the Tri-Cities community and works hard to provide the best selection of technical running footwear, apparel and accessories.

Contact us for all your running questions:

604-461-8330

info@runnersden.ca

The Runners' Den is excited about another year of running.

Come and join us as we train for the Vancouver Half or Full Marathon.

"This is the best running clinic I have ever done.

Well organized and a great group of leaders. SR"

"In training for the Boston Marathon I found the training plans to fit in perfectly for my needs, legs were ready to go come race day! PZ"



Please Print Legibly:

Half Marathon

Marathon

Approx. Time for Distance: _____

Last Name: _____

First Name: _____

Phone #: _____

Emergency Contact Name & Number:

Email Address:

GOALS for your training:

SHIRT SIZE: MEN WOMEN

XS S M L XL XXL

** PLEASE TURN OVER TO SIGN THE WAIVER