

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 NOTWITHSTANDING 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. I WARRANT that I am physically fit to participate in this event.

PARTICIPANT SIGNATURE

DATE

Who We Are

About Us

The runners' den is a place where people interested in running and walking can go to find the latest and greatest in technical footwear and clothing, talk about training, get advice to stay injury free, and discover some local running routes on the road or in the trails.

Contact Us

Phone: 604-461-8330

Trail clinic inquiries: amykirby15@gmail.com

Other inquires: info@runnersden.ca

Web: www.runnersden.ca



the runners' den

239 Newport Dr.

Port Moody, BC. V3H 5C9



Trail Running Clinic 2018

Clinic starts:

Sunday, July 1st @ 7:00 AM

One session per week:

\$70

Two sessions per week:

\$100

www.runnersden.ca

What to Bring?

Please bring the following to all sessions, including the first:

- Hydration (water bottle, waist pack or hydration backpack)
- Nutrition
- Trail shoes (recommended)
- 10 essentials (recommended)
- Whistle

What's included?

- Twelve weeks of guided runs
- Discount to use in store
- Technical running shirt
- Destination run
- Learn general trail etiquette
- Equipment review
- Physical and mental race preparation
- Lots of fun!



Trail Running Clinic

Our new and revamped clinic offers training for a trail race in a group setting. While our Thursday's will be much like prior summers, we are adding Sunday's to the schedule. Sunday's will be our days to get in some distance and elevation on the trails. With the option to sign up for one day or two days per week, you can make this clinic out to be exactly what you are wanting.

"Thank you for the trail runs. I was with "team awesome" the whole time. All leaders were fabulous. Looking forward to next year!" CY

Races to Train for:

Sunday, September 9th - CMTS Sky Pilot
14km, 15km (with rappel), 25km, 25km (with rappel)

Saturday, September 15th - Frosty Mountain Ultra
13km, 27km

Saturday, September 22nd - CMTS Whistler Alpine Meadows
12km

Saturday, September 29th - 5 Peaks, Buntzen
10km, 15km

Distance (please circle)

12-13km

25-27km

Sessions per week

One session \$70

Please indicate: _____

Two sessions \$100

LAST NAME: _____

FIRST NAME: _____

PHONE NUMBER: _____

EMAIL ADDRESS: _____

EMERGENCY CONTACT NAME & NUMBER

GOALS FOR THE TRAINING SESSION:

SHIRT SIZE:(TECH TEE) MEN LADIES

XSMALL SMALL MEDIUM LARGE
XLARGE XXLARGE

Please see other side for waiver.