

## 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.

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PARTICIPANT SIGNATURE

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DATE OF SIGNATURE:(MONTH/DAY/YEAR)

**The Runners' Den...** is in its 19<sup>th</sup> 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 6<sup>th</sup>, 2019**

**\*Bring a friend in to sign up before December 15<sup>th</sup>, 2018 and BOTH receive \$10.00 off your clinic.**

**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

# Train with Us!



# Vancouver Marathon & Half Training Clinic 2019

*Starts Sunday January 6<sup>th</sup>, 2019*

*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 5<sup>th</sup> 2019** 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 19th 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.

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*"I just want to say without the help of The Runners' Den there is no way I would of achieved my goal of completing a half marathon let alone smashing my time goal of under 2 hours, top notch volunteers and amazingly knowledgeable staff - helped me learn what it takes to not just finish but to actually be successful, including learning about pushing oneself past what you believe to be barriers. the run clinics these guys put on are beyond helpful. a heartfelt thank you to everyone at The Runners Den." KM*

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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**