

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 20th 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. Runs are structured to take you from little or no running to running for 30 minutes. Sign up and secure your spot.

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

Start Date: Wed. January 22rd, 2020

Clinic Cost: \$50.00 + tax

Education: You will learn proper form and technique: body positioning and breathing. We explore typical running injuries and how to avoid/prevent them. What to do if it should happen to you.

Experienced Group Leaders: We have an awesome team of volunteer leaders to encourage you along the way. Most will share their personal tips and tricks. These leaders have all started with us for the most part in the Learn to Run program so they know what it takes.

Comprehensive Program: The sessions will typically include an introductory talk, followed by a short warm up, dynamic movements, then leading into the workout. We will close with a cool down walk and some light stretches

One Step One!



Learn to Run Training Clinic 2020

NO ONE RUNS ALONE

Starts: Wednesday Jan. 22rd 2020

Start time: 6:30 pm



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

Come and join us as we train and enjoy the company of others to reach our goals.

What your signing up for...

This Clinic is designed to take everyone from ground zero to 30 minutes of straight running in 12 weeks. The goal is to do this gently and educate each participant on how to train safely. There are no prerequisites other than a desire to give running a try. We will start with 4 minutes of walking and 1 minute of light running as the first segments and progress from there. On Wednesdays we will meet to do the weekly training workout. The expectations would be that the participants would do the same workout for the week on 2 other days to keep up with the homework. The goal is to get you through the training injury free and building a love for running.

The Learn to Run clinic is designed to help you build cardiovascular endurance slowly and safely. Whether your goal is weight loss, stress management, or simply to build and maintain a healthy lifestyle, the 12-week clinic will challenge you and reward you as you work through each week. Upon graduation with a 30 minute running base, you may decide to join one of the den's many other training clinic options, we will help you to determine which would suit you best.

Contact us for all your running questions:

604-461-8330

info@runnersden.ca

Last Name: _____

First Name: _____

Phone #: _____

Canadian Citizen and/or carry MSP? _____

Yes or No, must have to participate

Emergency Contact Name & Number:

Email Address:

GOALS for your training:

** PLEASE TURN OVER TO SIGN THE WAIVER