

Women's Beginning Walking and Running Clinic - Spring 2010

Please check the group (*only one*) that fits you the best for now. Remember that you can change groups at any time.

- 1. Leopard: (Beginning Walk Group)
- 2. Cougar: (Intermediate Walk Group)
- 3. Jaguar: (Quick Walk Group)
- 4. Tiger: (Half Marathon Walk Group) Requires 3-4 month base of 15-20 miles per week
- 5. Panther: (1st Walk to Run Transition Group)
- 6. Cheetah: (2nd Walk to Run Transition Group)
- 7. Bobcat: (Running Group)

**** Please Print Clearly ****

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

Emergency Contact Phone _____

Birth day M ___ D ___ Y ___ (Required for Heart Rate calculations) Age ___

E-mail _____

(Required for Women's Clinic Updates and On-Line workouts)

WAIVER:

I know that running/walking is a potentially hazardous activity. I should not enter a beginning run/walk program unless I am medically able and have consulted with my physician. I acknowledge the effects of weather, including cold, windy conditions, rain, high heat and/or humidity, or that falls, contact with other participants, the condition of sidewalks and/or roads, and traffic on the route are all risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of my being accepted into the beginning run/walk program, I, for myself and anyone entitled to act on my behalf, waive and release Gallagher Fitness Resources, the City of Salem, and all other sponsors, program officials, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these activities even though that liability may arise out of negligence on the persons named in this waiver. I grant permission to Gallagher Fitness Resources to use any photographs, motion pictures, video recordings, or any other record of this clinic for any legitimate purpose. I understand that audio headsets are not allowed and registration is non-refundable.

Enclosed:

\$90 Early Registration; \$100 after 2-16-10

Alumni \$80 Early Registration; \$90 after 2-16-10

Signature _____ Date _____

Mail with check payable to GFR at:

Gallagher Fitness Resources, 135 Commercial St NE, Salem, OR 97301

QUESTIONS Call 503-364-4198 or e-mail: Susan@ActiveSalem.com