

FRS FREE Walking Program

Spring Session 2010

This program is designed for those that are looking to get started in an active lifestyle.

Cost: FREE – *you must register no later than February 22 to participate.*

8 Week Program

Dates: February 25 – April 15

Last Name: _____ First Name: _____ Today's Date: _____

Address: _____ D.O.B: _____ (mm/dd/yyyy)

City _____ State _____ Zip _____ Male / Female (circle one)

Phone: _____ Email: _____

Emergency Contact: _____ Emergency Phone: _____

Please check one: I exercise walk on a regular basis _____ I am new to exercise walking _____

This program is designed for those that are looking to get off the couch and join in with other active walkers. It's a great way to get started in an exercise program and meet some people along the way.

Group Meeting Time:

Thursdays at 6:00 pm

Meeting Venue will rotate between Lake Mary High School Track and Front Running Sports.

Pre-requisite:

Only your desire to join in and be active.

Group Leader:

Kristine Williams

WAIVER AND SIGNATURE:

INCOMPLETE OR UNSIGNED REGISTRATION FORMS WILL NOT BE ACCEPTED. In consideration of my entry being accepted, I intend to be legally bound, and do hereby for myself, my heirs, and executors, waive all rights and claims, which may hereafter, accrue to me against, Front Running Sports, Allied Race Management, or their respective officers, agents, representatives, successors, and sponsors from all claims or liabilities of any kind arising out of my participation in any of the Allied Race Management training programs even though liability may arise out of negligence or carelessness on the part of the persons named in the waiver. If I should suffer injury or illness, I authorize the officials of the program to use their discretion to have me transported to a medical facility, and I take full responsibility for this action. I attest and verify that I am physically fit and hereby grant full permission to any and all of the forgoing to use any photographs, videotapes, motion pictures, recordings, or any other record of the event for any purposes of the event whatsoever. I HAVE READ THE ABOVE RELEASE AND UNDERSTAND THAT I AM ENTERING THIS EVENT AT MY OWN RISK.

Signature: _____

Date: _____