

Starting Point Fall 2010
Walk/Run Program for Beginners
8 week program
Targeted Distance 5K
Investment: \$80
Dates: September 27 – November 17, 2010

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: _____

Running History:

I have never completed a 5K _____

I have completed 5K _____

Prerequisite
There is no mileage prerequisite. It is recommended that you have clearance from your physician.

Payment Information: **Cost \$80.00 (non refundable)**
Make Check Payable to: Allied Race Management
Return form and fee to: Front Running Sports, 1061 S. Sun Drive, Unit 1017,
Lake Mary, FL 32746 Ph: 407-322-1211

Group Run Times:
Monday – 6:00pm
Wednesday – 6:00pm
Location: Front Running Sports

Payment: Cash Check# Credit Card Name: Visa / MC (only)

Credit Card # _____ Exp Date: _____ (mm/yy)

I authorize the following amount to be charged against my credit card: \$ _____

Authorized Signature: _____

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: _____