

Registration Form:

Running Strong Clinic

Name: _____

Phone #: () _____

Address: _____

City: _____ Postal Code: _____

Email: _____

Running Goals: _____

Waiver:

I am aware that participating in running clinics is potentially hazardous. I attest that I am physically capable of, and that I am medically able to participate in the clinic which I have selected. I acknowledge that I, and I alone, am solely responsible for my personal health and safety, and the personal property I bring with me. I am aware of and expressly assume all risks associated with my participation in the clinic, including, without limitation, falls, contact with other participants, staff and objects, the effects of weather including high heat and/or humidity, traffic and the conditions of the streets and route used by the clinic and I assert that my participation in this clinic is voluntary. If I should suffer injury or illness, while participating in clinic activities, I authorize the clinic staff to use their discretion to administer first aid and/or have me transported to a medical facility, and I agree to take full responsibility for this action and to pay for the costs of any medical treatment.

Having read this waiver and knowing these facts and in consideration of Strides Running Store Inc. accepting my entry into the clinic, I hereby (for myself, my heirs, executors and administrators) waive all rights and claims for damages that I may have, or which may hereafter accrue to me, and release and indemnify, Strides Running Store Inc., its affiliates, directors, officers, employees, speakers, volunteers, sponsors, their representatives and successors from claims or liabilities or any kind arising out of my participation, even though that liability may arise out of negligence, recklessness or carelessness on the part of the entities or persons named in this waiver.

SIGNATURE:

DATE (DD/MM/YY)

(Parent/Guardian Signature if entrant under 18) Must be 16 years of age to participate.



Running Strong

Spring Clinic Starts Tuesday, June 2nd
6:30-7:45pm

Running Strong is a 5-week functional strength class specific for runners.

This class will be a dynamic and functional strength class that is designed to improve your running speed. The class will include a variety of power and agility drills and circuits, along with functional strength and core exercises.

Enjoy training with other runners under the guidance of Strides Marathon Coach, **Heather Wiebe**

Great Value - \$60 for 5 weeks

Store/Clinic Location: 2030 - 34th Ave SW
(The **Purple** House!)

Visit us at www.stridesrunning.com

Or call us at 240-4656 for more info or to sign up

Clinic Information:

Designed and coached by Strides Marathon Coach, Heather Wiebe, this clinic will provide you with the training and information you need to meet your running goals. In addition to the training program, an in-store discount is offered to all participants for the duration of the clinic.

Running Strong Clinic - June 2009

Running Strong is a 5-week functional strength class specific for runners.

This clinic will be a dynamic and functional strength class that is designed to improve your running speed. The class will include a variety of power and agility drills and circuits, along with functional strength and core exercises.

Running Strong will be on Tuesday evenings from 6:30-7:45pm.

Start date is June 2, 2009 and will finish June 30, 2009 inclusive.

The class will meet at Strides Running Store and do a warm up run to the exercise site at the Glenmore track.

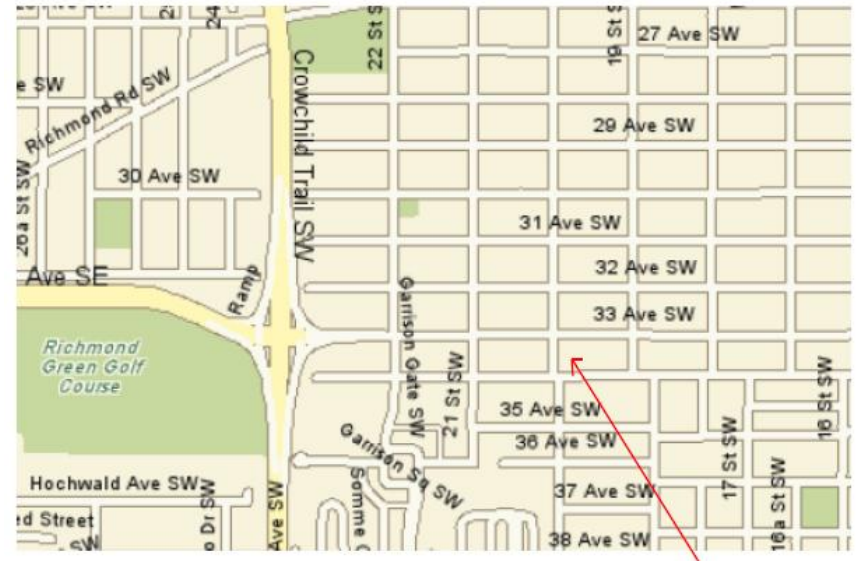
INSTRUCTOR: Heather Wiebe

Please pick up a brochure for this clinic - available at Strides Running Store or online at www.stridesrunning.com

Store Information:

Strides Running Store is your Calgary running and fitness source! We offer you quality products, exceptional service and expert advice! **Strides Running Store** is locally owned and operated. Our passion is running.

At **Strides Running Store**, our goal is simple – to encourage and facilitate people to pursue active lifestyles involving running or walking! Our experience and expertise helps us provide you with high quality instruction. From beginner runners to high performance athletes, we understand what it takes to provide you with a safe and enjoyable training experience, to ensure you reach your fitness goals. Whatever your running goals may be, we are here to share our experience and knowledge! Come visit us at **Strides Running Store** and join us for a clinic or group run; we'll *fit* your healthy lifestyle!!



(The Purple House!)

Store/Clinic Location: 2030 – 34th Ave SW

www.stridesrunning.com or 403 240-4656