



YMCA of the Treasure Coast

RUNNING CLUB

Informational Kick-off Meeting February 26, 2011 9:00am

**12 Week training Session Building up to the Run For the Pineapple
5K May 30th, 2011**

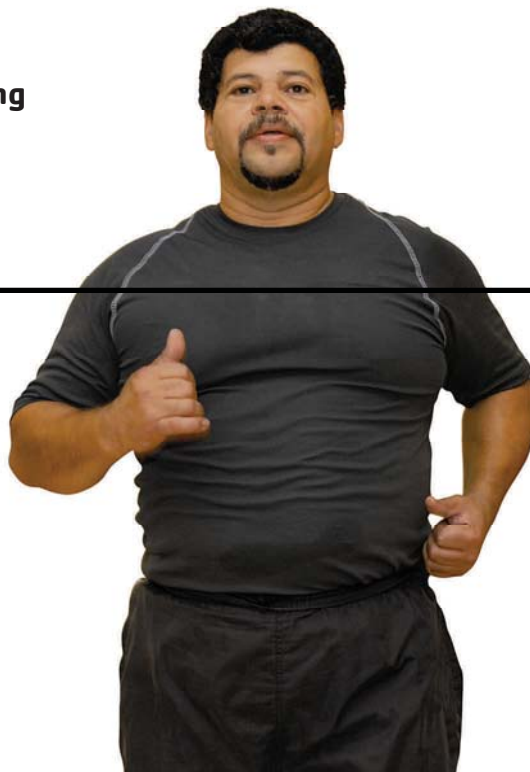
Running Program session begins March 1, 2011.

**Fee: \$25 Members; \$40 Non Members
*Fee does not include Race entry fee!**

Group run Saturdays at 7:00 am

Club Activities / Incentives Include:

- Coached Group runs
- Race-end newsletter—final race times and race club individual and total mileage
- Weekly Club discussions, nutrition education, running coaching tips and more.
- Special Event notifications - upcoming runs
- Training Program
- Weekly running tips and homework to keep you going
- Discounted group registrations for runs
- YMCA Running Club Shirt
- Race t-shirts



**Register by mail or at the YMCA.
Contact the Wellness Director, Tanya Gabbett at
tgabbett@ymcatreasurecoast.org
or (772) 341-5245 for more information**

**YMCA of the Treasure Coast
Richard C. Geisinger, Sr.
Branch
1700 SE Monterey Rd.
Stuart, FL 34996
(772) 286-4444 ext.244**



RUNNING CLUB



Name _____ DOB _____ M/F

Address _____

Phone: _____ Email: _____

Emergency Contact Name: _____ Phone: _____

Please check all that apply:

Member of the YMCA in Stuart Not a member of the YMCA in Stuart

What distance per time _____ Returning Member to Running Club __Y/ N_

How many times per week are you currently doing the above _____

Fee: \$25 Member; \$40 Non-Member

Payment: in person mail (with credit card or check made payable to the YMCA)

circle one: Visa Mastercard American Express

Account number _____

Exp. Date _____

Informed Consent

I understand that YMCA activities have inherent risks and I hereby assume all risks and hazards incident to my participation in all YMCA activities. I further waive, release, absolve, indemnify and agree to hold harmless the YMCA, the organizers, volunteers, supervisors, officers, directors, participants, coaches, referees, as well as, persons or parents transporting participants to and from activities from any claims or injury sustained during my participation in YMCA activities.

Signature: _____ Date: _____

