



Training Groups Registration Form

Program Options (CHECK ALL THAT APPLY):

- 5K Training, Saturdays at 6:30 am starting August 31st, 2019 (12 weeks) Cost \$100.00
- 10K Training, Saturdays at 6:00 am starting August 10th, 2019 (12 weeks) Cost \$100.00
- HALF MARATHON, Saturdays at 6:00 am starting August 10th, 2019 which includes Track Workout on Wednesdays at 6:00 pm starting August 14th, 2019. (14 weeks) Cost \$125.00
- ADD TRACK to 5K or 10K, Wednesdays 6:00 pm starting August 14th, 2019. (14 weeks) Cost \$25 (Note: Adding Track to 5K or 10K training is half price and track is included with the half marathon group.)
- TRACK ONLY, Wednesdays 6:00 pm starting August 14th, 2019. (14 weeks) Cost \$50.00

Name _____ Date of Birth _____ Age _____

Address _____ City _____ State _____ Zip _____

Phone (Primary) _____ Phone (Secondary) _____

Email Address (please print clearly!) _____

Gender: Male Female Shirt Size: S M L XL XXL

Emergency Contact: _____ Phone: _____

Relationship: Parent(s) Sibling Spouse Child(ren) Friend Significant Other

How did you hear about this program?

WAIVER AND RELEASE OF LIABILITY -- READ BEFORE SIGNING

In consideration of being allowed to participate in any way in the No Boundaries Training Program, its related events and activities, I, the undersigned, acknowledge, appreciate, and agree that:

The risk of injury from the activities involved in this program is significant, and while particular skills, equipment, and personal discipline may reduce this risk, the risk of serious injury or death does exist. I knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of the releases or others, and assume full responsibility for my participation.

I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the Company immediately. I understand this Fleet Feet Sports location is an independent licensee of Fleet Feet, Incorporated and independently operates this No Boundaries program.

I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, hereby release, indemnify, and hold harmless Whitlow & Co, LLC d/b/a FLEET FEET SPORTS, their agents, employees, coaches, volunteers, officers, directors, franchisors, successors and assigns, the City of Tucson, and any and all sponsors, their representatives and successors ("Releasees"), with respect to any and all injury, disability, death, or loss or damage to person or property associated with my presence or participation, whether arising from the negligence of the releases or otherwise, to the fullest extent permitted by law.

I attest that I am in good health and physically capable of participating in No Boundaries Training Program, and my medical care provider has approved my participation. Further, I hereby release, consent to, and authorize, in advance, any such use of my name, photograph, voice or likeness by the foregoing parties in any manner they deem appropriate and necessary without remuneration to me.

I HAVE CAREFULLY READ THIS WAIVER AND RELEASE AND FULLY UNDERSTAND ITS CONTENTS.

Signature: _____ Date: _____

**No refunds will be provided in full or in part for any reason, including injury, after a program begins. Payment and registration must be received before participating in the program.*