

## Waiver (Must be signed)

### & Safety Rules

- Run/Walk at your own risk.
- Wear reflective clothing at all times.
- Obey all traffic rules:
  - Cross at recognized pedestrian crossings
  - Stay on the sidewalk if possible, otherwise run/walk facing traffic as close to the curb as possible
- Run/Walk with a buddy
- Run/Walk in a pace group that is compatible with your abilities and fitness level. Do not be left behind
- Always start running/walking at an easy pace to warm up tight muscles
- Never run/walk with a fever or illness
- Do not run with an injury. Train, not strain
- Consult a physician before starting an exercise program
- All clinic participants must complete a membership form/waiver
- All injuries should be reported to a physician, so that proper treatment is taken, along with preventative steps to limit future injury.

In consideration of your accepting my participation in The Run Inn Clinics and any other related events, I hereby, for myself, my heirs, executors, administrators and assigns, waive, release and hold harmless The Run Inn Clinic, together with and as agent for their directors, officers, employees, representatives, agents, volunteers, group leaders and member ("the Releasees") from any and all liability for death and/or injury to person and/or property which may have been contributed to or accessioned by the negligence of the aforesaid Releasees or any of them. I acknowledge that I have read and understand and agree to abide by the above Rules and Waiver agreement.

Dated: \_\_\_\_\_

\_\_\_\_\_  
Runner's or Walker's Signature  
(Parents Signature if under 19)

## Full Marathon & Half Marathon Clinic

Register for the clinic and receive:

- Free registration for Tuesday Night Clinic
- Early bird entry fee for the Royal Victoria Half or Full Marathon

## Jog For a Jug 2010

Register for this clinic and receive a discounted entry into this years Jog for a Jug. 100% of all proceeds from this great event will go to Hannah's Heroes

- \$10.00 entry (t-shirt not included)
- Jug of Beer at the Finish Line
- Post-race BBQ

Saturday Morning Programs  
Sponsored by:



## The RunInn Delta Saturday Running Programs

June 12 - October 10, 2010



The RunInn Delta

1212b 56th Street

Delta, BC

ph: 604.943.4661

www.runinn.com

# Full & Half Marathon Training Clinic

Saturday, June 12 - October 10, 2010

- Half Marathon Clinic is an 18 week program preparing for the Royal Victoria Half Marathon.
- Full Marathon Clinic is an 18 to 22 week program preparing runners for the RVM, Portland Marathon, Seattle Marathon and San Francisco Marathon.

## \$100 registration fee includes:

- Pace groups to suit a variety of running abilities
- Experienced group leaders
- Full / Half Marathon training manual
- Saturday, Tuesday and Thursday training sessions
- Guest speakers presenting information on a variety of running topics
- Group social activities
- Exclusive shopping evening at The Run Inn
- Early Bird Entry Fee for the RVM only.

\* *Register early to guarantee your gift pack*



Included in Saturday Morning Program Registration:

## Tuesday Evening Clinics

Tuesdays at 6:30pm  
July 6 - August 24, 2010

- Maintain your running fitness over the summer
- Valued at \$30

## Groups

- Nordic Walk/Walk
- Run/Walk Group
- 10km Clinic Group
- Pace Groups

**\$10.00 OFF**

any regular priced  
footwear or apparel

expires 09/31/2010

## The RunInn Registration Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Do you wish to receive the monthly RunInn newsletter?

Yes  No

Emergency Contact: \_\_\_\_\_

Emergency Contact Phone#: \_\_\_\_\_

Registering for:

Full Marathon Clinic

Half Marathon Clinic

How did you hear about our clinics?

newspaper  word of mouth

in-store  email

newsletter  other: \_\_\_\_\_

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