



Women's Running Clinic

Every Monday beginning June 6th through August 15th, 2016

6:00-7:00 PM

All Abilities Welcome in a Non-Competitive Atmosphere!

- * Informational Meeting: Monday, May 23rd 6-7pm @ the Illinois Valley YMCA
- * Door Prizes at the Informational Meeting
- * June 20th-August 15th will coincide with the Starved Rock Runners, Ltd., Kids Running Clinic
- * Free Moisture Wicking Clinic Shirt
- * Train to Run the Boo Milby Alzheimer's 5k on August 20th, 2016
- * Runners will meet at Northwest School on O'Connor St., LaSalle



Our Goals are to Improve Motivation; Promote Health, Fitness and Self Confidence through a Unique Training Program for Women, by Women!

For more information contact- Michele Gaeta- maples1401@hotmail.com

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Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ Email Address: _____

Shirt Size: Women's Cut ____XS ____S ____M ____L ____XL ____XXL

Unisex ____S ____M ____L ____XL ____XXL ____XXXL

____ Level One (Never Ran Before)

____ Level Three (Beginning Speed Workouts)

____ Level Two (Beginning Runner)

____ Level Four (Advanced/Competitive Runner)

Cost: \$20.00 for Starved Rock Runners, Ltd Members
\$25.00 for Non-Members
\$30.00 for the Clinic and a Starved Rock Runners Membership
for the remainder of 2016

Mail Entry forms to:

Michele Gaeta
2301 9th St.
Peru, IL 61354

Make Checks payable to Starved Rock Runners, Ltd.

I know that running is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of the clinic officials relative to my ability to safely complete the clinic. I assume all risks associated with running this event including, but not limited to falls, contact with other participants, effects of the weather including high heat and/or humidity, the condition of the road and traffic on the course, all such risks known and appreciated by me. Having read this waiver and knowing the facts and in consideration of your acceptance of my entry, I, myself and anyone entitled on my behalf, waive and release, the Road Runner's Club of America, the Starved Rock Runners, Ltd, and all sponsors, their representatives and successors from all claims or ability that may arise out of negligence or carelessness on the part of the persons named in this waiver. SRR, Ltd. reserves the right to use my photo.

Signature: _____ Date: _____