



Women's Running Clinic

Every Monday beginning June 4th through August 13th, 2018

6:00-7:00 PM

All Abilities Welcome in a Non-Competitive Atmosphere!



- * Registration & Meet the Volunteers Night Tuesday, May 22nd 6:00-7:00pm @ the Illinois Valley YMCA
- * June 11th-August 13th 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 18th, 2018
- * 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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PLEASE PRINT CLEARLY

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Name: _____

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

Phone: _____ Email Address: _____

Short Sleeved or (circle choices) Shirt Size: Women's Cut XS S M L XL

Tank Top Unisex S M L XL XXL XXXL

_____ Level One (None to limited experience)

_____ Level Three (Intermediate/Beginning speed work)

_____ Level Two (Beginner Runner)

_____ Level Four (Advanced/Competitive Runner)

Cost: \$20.00 for Starved Rock Runners, Ltd Members
\$25.00 for Non-Members

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. Medical Waiver I, the undersigned, understand that refusing medical assistance from local emergency responders summoned by SRRL personnel shall result in termination of my participation in the Women's Running Clinic. Re-entry into the clinic following a medical emergency shall be contingent upon a physician's medical release.

Signature: _____ Date: _____