

11th Annual Woman's Running Clinic

Every Monday beginning July 6th through August 10th 2020
6:00 - 7:00 PM Northwest School, O'Connor Street, LaSalle



- * Coincides with the Starved Rock Runners, LTD., Kid's Running Clinic July 6th through August 10th, 2020
- * Free Moisture wicking clinic t-shirt
- * Train to run the Boo Milby Alzheimer's 5K on August 15th, 2020

The Clinic will be practicing all of the guidelines set forth for the Pandemic. water will not be provided to the participants this year. It will be the responsibility of each participant to bring their own hydration fluids.

Our goals are to improve motivation; promote health, fitness and self confidence through a unique training program for women, by women!

For more information or to ask questions, please contact Starved Rock Runners at:

info@starvedrockrunners.org

PLEASE PRINT CLEARLY

Name: _____	
Address: _____	City: _____ State: _____ Zip: _____
Phone: _____	Email: _____
CIRCLE CHOICES! Short Sleeve OR Tank Top	Size: Woman's cut: XS S M L XL
	Unisex S M L XL XXL XXXL

____Level one (none to limited experience) ____Level two (beginner runner)

\$15 early bird rate for Starved Rock Runners members before July 1st, \$20 after July 1st.
\$20 early bird rate for non-members before July 1st, \$25 after July 1st..

Make checks payable to Starved Rock Runners, LTD.

In the event that the CDC and/or IDPH guidelines don't allow us to proceed with the clinic, refunds will be issued.

Mail entry forms to: Woman's Running Clinic, 407 W. Dakota St. ,Spring Valley, IL 61362

I know that running is a potentially hazardous activity. I should not enter and run unless I am medically able. I agree to abide by any decision of the clinic official 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, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your acceptance of my entry, I, for myself and anyone entitled to the act on my behalf, waive and release the Road Runner's Clubs of America, the Starved Rock Runners, Ltd. and all sponsors, their representatives and successors from all claims or liability that may arise out of negligence or carelessness on the part of the persons name in this waiver and grant permission to use my picture or likeness.

Signature or signature of parent or guardian(if under18) _____ Date: _____