

14th Annual Women's Running Clinic

Every Monday beginning June 5th through August 14th 2023
(No clinic on July 3rd, 2023)

6:00 - 7:00 PM LaSalle VFW, 2325 Donahue Street



- * Coincides with the Starved Rock Runners, LTD., Kid's Running Clinic June 12th through August 14th, 2023
- * Free moisture wicking clinic t-shirt - and a chance to win a free entry into the Boo Milby 5K.
- * Train to run the Boo Milby Alzheimer's 5K on August 19th, 2023.

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 email Starved Rock Runners at: info@starvedrockrunners.org

PLEASE PRINT CLEARLY

Name: _____

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

Phone: _____ Email: _____

Circle your shirt size S M L XL XXL XXXL

- Level one (no to limited experience) Level two (beginner runner)
 Level three (some experience) Level four (competitive/experienced runner)

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

Make checks payable to Starved Rock Runners, LTD.

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

REGISTER ON-LINE: <https://runsignup.com/Race/IL/LaSalle/SRRLWomansRunningClinic>

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., LaSalle VFW 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 person's name in this waiver and grant permission to use my picture or likeness.

Signature or signature of parent or guardian(if under 18) _____ Date: _____