

Training with Coach Rae Ann Registration Form

Name: _____

Address: _____

Email: _____

Phone: Cell _____ Home or Work _____

Emergency Contact Person & Phone: _____

Age: _____ Date of Birth: _____

Longest training run in past month: _____ Typical weekly mileage: _____

Have you ever done track/speed workouts or tempo runs?: _____

Do you cross train? If yes, what do you do & what days?: _____

Current Personal Records & Year:

5K: _____ 5 Mile: _____ 10K: _____

15K: _____ Half Marathon: _____ Marathon: _____

Short Term Goals (2-3 months): _____

Long Term Goals (6-12 months): _____

Injuries or other important medical information: _____

Please list any races you are planning to run in the next few months and your goals:

1. _____
2. _____
3. _____
4. _____
5. _____

Waiver: In consideration of this registration, I hereby for myself, heirs, executors, and administrators, waive any and all claims against RunnerGirl Inc., Coach Rae Ann Darling Reed, other coaches, sponsors, officials, volunteers, venues such as GT Bray Park, Manatee High School, On A Shoestring, etc., and supporters of this coaching program for any damages or injuries sustained by me during this program, including pre- and post-program and race activities. I have been warned that I must be in good health to participate in this program, and I attest and verify that I am physically fit and have trained sufficiently for it. I understand that there may be tree roots, uneven surfaces and other such natural hazards. I hereby grant permission to RunnerGirl Inc. and its authorized agents to use my name, photographs, videotapes, motion pictures, recordings, or any other recording of my participation in this program for any purpose. Monthly fees cover that month's workouts whether I attend or not and are not refundable or transferrable to future months or training sessions.

Signature: _____ Date: _____

Fees: \$30 per month pre-paid each month or \$10 per session "drop in" rate.

Cash or checks payable to:

RunnerGirl Inc.

8709 53rd Terrace E, Bradenton, FL 34211

Coach Rae Ann Darling Reed, 941-586-9375, coach@runnergirl.com

<http://www.CoachDarling.com>

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