



Medved Lilac 10 & 5K Group Training Program

March 21, 2012 – May 16, 2012

Goal: Prepare for the Medved Lilac 10K & 5K Family Fun Run (held on May 20, 2012)

Group Options:

- **10K Purple Group:** For those participants who can currently run a 5K and would like to increase your mileage to finish a 10K.
- **10K Yellow Group:** For those participants who have run several 10Ks and would like to increase your speed and improve your performance at the 10K distance.
- **5K White Group:** For those who want to begin a run/walk program.
- **5K Green Group:** For those who can currently finish a 5K and would like to increase speed and improve your performance at the 5K distance.

Program Cost:

- \$75.00 Program Fee includes coach's fee, entry into the Medved Lilac 10 or 5K, performance running shirt and Medved Store Specials.

Informational Meetings: March 7th and March 15th at 7:00 PM at Medved

For more information, please visit: www.medvedrunwalk.com

Medved Lilac 10K/5K Group Training Program

Make Checks Payable to: Medved 3400 Monroe Avenue, Rochester, NY 14618 Attn: Training Group

Please circle the training category: 10K Purple Group / 10K Yellow Group / 5K White Group / 5K Green Group

Gender: M F *Shirt Size:* S M L XL

Last Name: _____ First Name: _____

Street Address: _____ City/State/Zip: _____

Phone Number: _____ Email: _____ Age: _____

I know that running is a potentially hazardous activity. I should not participate unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete this event. I assume all risks associated with running this event (or series) including, but not limited to, falls, contact with other participants, the effect of weather, traffic, and conditions of the road, all such risks being known and understood by me, having read this waiver and knowing these facts and in consideration of your accepting my entry. I, for myself, and anyone entitled to act on my behalf, waive and release the Lilac Festival, Inc., Beau Productions, Greater Rochester Visitor's Association, City of Rochester, County of Monroe, Town of Brighton, Medved Running and Walking Outfitters, Sponsors and agencies and municipalities, their representatives, and successors from all claims or liability of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature of Runner

Signature of Parent/Guardian of Runner under 18 years of age