



Medved Training Group Program

December 7, 2011 – February 15, 2012

Goal: This 10 week program will increase your fitness level and prepare you for winter running and snowshoe running

Program Overview:

- A complete 10 week training program that will provide a fun and encouraging atmosphere that will help you increase your fitness level and to also start/improve running on snowshoes.
- Each participant will have ample fact to face interaction with Coach Nate Huckle, plus email access for further queries outside of practice

Program Cost:

- \$75.00 Program Fee includes coach's fee, entry into the Medved Winter Challenge Snowshoe race, a long sleeve performance running shirt and Medved Store Specials.

Headlamps are required. No refunds after December 14th.

Informational Meeting: Saturday November 12th at 11:30 am and Thursday December 1st at 7:00 PM at Medved

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

Medved Training Group Program

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

Gender: M F

Shirt Size: S M L XL

First Name: _____ Last Name: _____

Street Address: _____ City/State/Zip: _____

Phone Number: _____ Age _____ Email: _____

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 Medved Running and Walking Outfitters, their coaches, 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