

FITNESS IN TRAINING Program Registration Form

Today's Date _____

Program (Please Circle) **WALKING** - **RUNNING** - **5K/10K** - **Half Marathon** - **Marathon**
PERSONAL TRAINING **CROSS COUNTRY CONDITIONING**

Name _____

Address _____

City, State, Zip _____

Phone (Home) _____

Phone (Work) _____

Phone (Cell) _____

Birthday _____ Age _____ Height _____ Weight _____

E-mail _____

Employer _____ Title _____

Personal Goal(s) _____

My motivator is: (Please circle) **Recreation** - **Moderate Exercise** - **Competition** - **Other** _____

Target Event(s) _____

Number of races completed at that distance _____

Best Finish Time _____ Date of Finish _____

Weekly mileage this past month _____

Number of runs/walks per week _____

Longest run/walk this past month _____

Average pace _____

Have consistently run/walked for _____

T-Shirt Size (Please circle) **S** **M** **L** **XL**

Waiver MUST BE SIGNED

I know that running is a potentially hazardous activity and I should not participate in this program unless I am medically able and authorized by my physician, and properly conditioned. I also know that there will be traffic on the course routes. I assume the risk of running in traffic along with any and all other risks associated with participating in this program, including but not limited to: conditions on and of the roads or trails, falls, contact with other participants, the effects of weather, including heat and/or humidity, cold, wind, snow, lightning, rain or ice, with all such risks being known and understood by me. I agree to abide by all decisions of the program official(s) relative to my ability to safely complete this program. In order to ensure a safer environment for myself and all other participants, I agree to not wear headsets, or run or walk with a baby jogger, stroller, or any animal. I understand that I am solely responsible for my own safety while traveling to and from or while participating in this program. Knowing these facts, and in consideration of your accepting my entry, I hereby for myself, my heirs, executors, administrators, or anyone else who might lay claim on my behalf covenant not to sue, and waive, release, and discharge **FITNESS IN TRAINING**, John A. (Tony) Estes, the Sunflower Striders Running Club, Road Runners Club of America, any race officials or volunteers, any and all sponsors, agents, employees, assignees, or anyone on their behalf from any claims or liability for death, personal injury, or property damage of any kind or nature whatsoever, arising from or in the course of my participation in this program, though that liability may arise out of negligence or carelessness on the part of a person named or unnamed in this waiver. The release & Waiver extends to all claims of any kind whatsoever; foreseen or unforeseen, known or unknown. The undersigned further grants full permission to the program director and/or any sponsors, Sunflower Striders Running Club, and/or agents authorized by them to use any photographs, video or motion picture recordings, or any other record of this program for any purpose. Entries any minors must be signed by a parent or legal guardian. The adult that signs for a minor agrees to indemnify any and all persons or entities listed in this Release & Waiver against any claims brought against them by that minor at any time, arising from that minor's participation in this program.

Participant Signature _____ Date _____

Parent/Guardian Signature _____ Date _____

Sign & detach form and mail with check made payable to **Tony Estes**, 8139 SW 33rd Street, Topeka, KS 66614

Please check box if you DO NOT want to be listed in the **FITNESS IN TRAINING** Member Directory

Get **FIT** - Be fit. **FOR LIFE**