



# 2017 Run-Fit Club & Coaching



## April 5<sup>th</sup> - August 30<sup>th</sup> Membership Form

You've come to the right place to become a stronger runner in both a fun and motivating group setting. Whether you partake in marathons, triathlons or just a recreational runner, the TJF Running Club provides expertise for all levels of training. Attention is given to technique and form cues, pacing, fueling strategies, goal setting and peaking for your specific race(s). Come try us out one Wednesday evening if you're interested in improving as a runner while meeting some new people in the process!

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Name: \_\_\_\_\_ Date: \_\_\_\_\_

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Age: \_\_\_\_\_ Sex: \_\_\_\_\_ Birth date: \_\_\_\_\_

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Address: \_\_\_\_\_

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Home/Cell Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

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Email address \_\_\_\_\_

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Racing Experience: None: \_\_\_\_\_ Beginner: \_\_\_\_\_ Experienced (how long)? \_\_\_\_\_

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**Location: Meet at Triple Jump Fitness/Tumble Tikes held Wednesdays 6:00-7:15pm**

**Costs:** (\$20 drop in rate)

_____ \$129	Spring (10 wks)	April 5 – June 14	(OFF April 19)
_____ \$129	Summer (10 wks)	June 21 – Aug 26	(OFF July 5)
_____ <b>\$179</b>	<b>SPECIAL(20 wks)</b>	<b>April 5 – Aug 26</b>	<b>Sign up before MARCH 18<sup>th</sup>!</b>
_____ <b>\$199</b>	<b>Full Season</b>	<b>April 5 – Aug 26</b>	<b>Sign up after March 18<sup>th</sup>!</b>

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Paid Cash	Check #	Amount
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I know that participating in the TJF Run Club training events are potentially hazardous activities. And I know that I should not participate unless I am medically able and properly trained. I agree to abide by any decision of the coach relative to my ability to complete an activity safely. I assume all risks associated with participating in the TJF Run Club events including, but not limited to, falls, contact with other participants, the effects of weather (including heat and humidity), and dangers posed by track or road conditions and traffic on the course, all risks being known and appreciated by me, having read this waiver and knowing these facts, I, for myself, and for anyone entitled to act on my behalf, waive and release the TJF Run Club, and all sponsors and representatives and successors from all claims of liabilities of any kind arising from my participation in the TJF Run Club activities, even though a liability may arise from negligence or carelessness on the part of persons named in this waiver. I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other record of any club event for any legitimate purpose.

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Signature \_\_\_\_\_ Date \_\_\_\_\_

**Check Payable to: Triple Jump Fitness - 257B Marginal Way Portland, ME 04101**

**Or sign up online at: [www.triplejumpfitness.com](http://www.triplejumpfitness.com)**