



2019 Run-Fit Club & Coaching



April 3-August 28th 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!

Name: _____ Date: _____

Age: _____ Sex: _____ Birth date: _____

Address: _____

Home/Cell Phone _____ Work Phone _____

Email address _____

Racing Experience: None: _____ Beginner: _____ Experienced (how long)? _____

Location: Meet at Fitzpatrick Stadium, Portland held Wednesdays 6:15-7:30 am

Costs: (\$20 drop in rate)

____ \$129	Spring (10 wks)	April 3 – June 12	(OFF May 15)
____ \$129	Summer (10 wks)	June 19 – Aug 86	(OFF July 3)
____ \$199	Full Season	April – Aug 28	

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.

Signature _____ Date _____

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

Or sign up online at: www.triplejumpfitness.com