

ALBUQUERQUE ROAD RUNNERS



16th Annual Women in Training

for women of all ages and abilities



Saturday

April 25th, 2009 7:00 A.M.

A 10 WEEK TRAINING PROGRAM

designed for Women Walkers and Runners
to participate in

The RRCA Women's Distance Festival July 12, 2009

Training Program Fee only \$60.00 includes:

A portion of the proceeds to benefit The Barrett Foundation

- ◆ 10 Week Program with weekly guest speakers on nutrition, training, stretching, etc.
- ◆ End of Training Program Awards Banquet
- ◆ Plus an Intermediate / Advanced Program for the more experienced runner
- ◆ Race Day Running Singlet
- ◆ Entry into Women's Distance Festival
- ◆ Meet at Mariposa Basin Park on the corner of Taylor Ranch Road and Kachina NW
- ◆ For information Call: Victor Nemudrov 294-7545
• E-mail nemudrov@NMIA.com
- ◆ Mail entry to: Victor Nemudrov, 7540 Staunton Place N.W. Albuquerque, NM 87120-4566
- ◆ Register on-line: www.roadrun.org



You're among friends at Boston's

TRAIN WITH US AND RUN YOUR FIRST 5K RACE!

NAME _____ (AGE ON 7/12/2009)

ADDRESS _____ DAY-TIME PHONE# _____ E-MAIL _____

CITY _____ STATE _____ ZIP _____

I AM INTERESTED IN (PLEASE CHECK ONE) WALKING BEGINNING RUNNING INTERMEDIATE RUNNING ADVANCED RUNNING

FEE \$60.00 MAKE CHECKS PAYABLE TO A.R.R. CIRCLE T-SHIRT SIZE S M L XL XXL

I know that running is a potentially hazardous activity. I should not enter a running program unless I am medically able. I agree to abide by any decision relative to my ability to safely participate in this running program. I assume all risks associated with running, but not limited to, falls, contact with other participants, the affects of the weather, including high heat and/or humidity, the condition of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing the facts, and in consideration of your acceptance of my application for this training program, I for myself and anyone titled to act on my behalf, waive and release the Road Runners Club of America, The Albuquerque Road Runners Club and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this club program even though that liability may arise out of negligence or carelessness on the part of the persons names in this waiver.

SIGNATURE _____ DATE _____