



Winter Clinics 2019

Monday, January 7 until
Thursday, March 28, 2019

\$74.99 includes

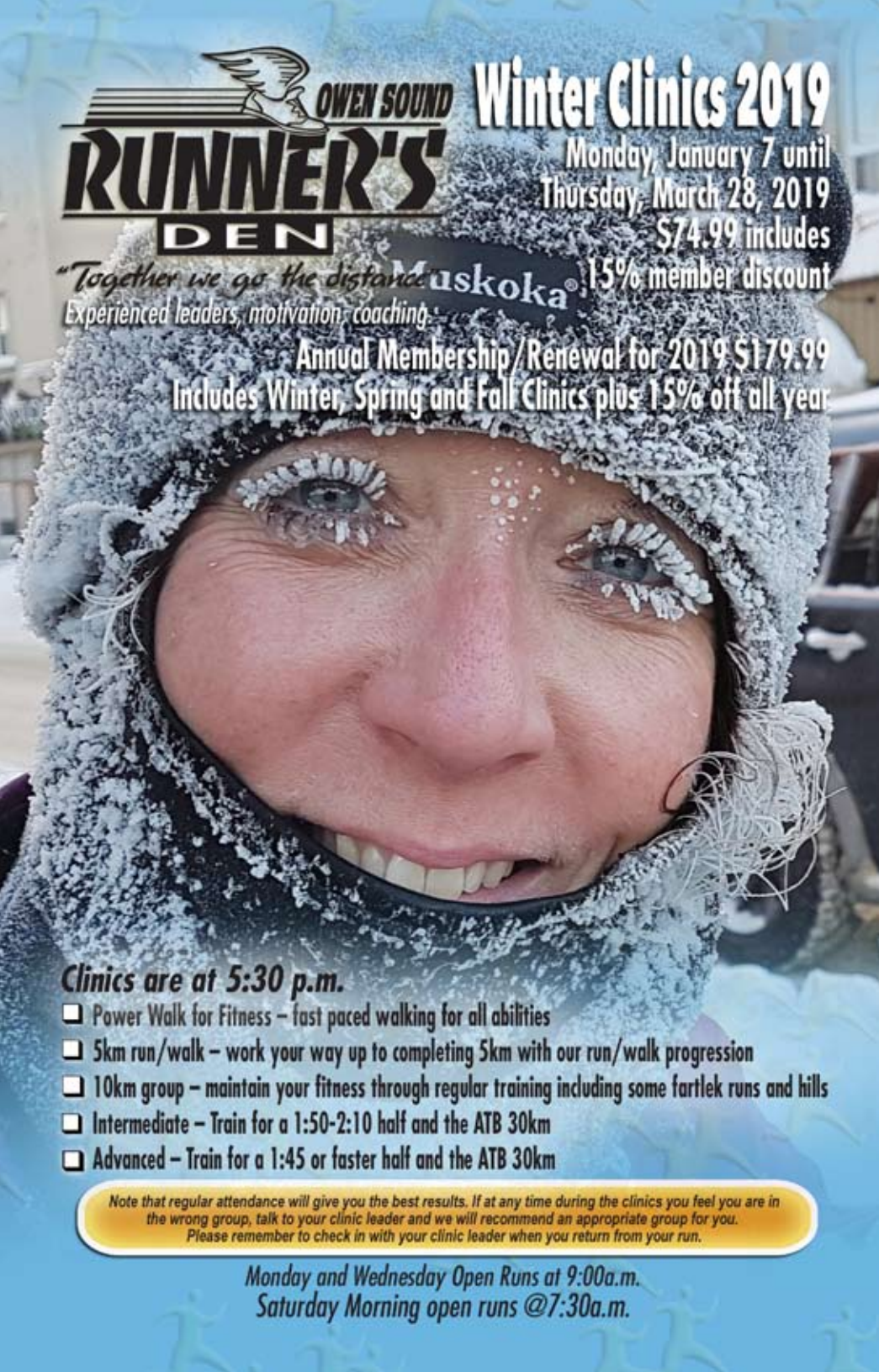
15% member discount

"Together we go the distance"
Experienced leaders, motivation, coaching.

Muskoka

Annual Membership/Renewal for 2019 \$179.99

Includes Winter, Spring and Fall Clinics plus 15% off all year



Clinics are at 5:30 p.m.

- Power Walk for Fitness – fast paced walking for all abilities
- 5km run/walk – work your way up to completing 5km with our run/walk progression
- 10km group – maintain your fitness through regular training including some fartlek runs and hills
- Intermediate – Train for a 1:50-2:10 half and the ATB 30km
- Advanced – Train for a 1:45 or faster half and the ATB 30km

Note that regular attendance will give you the best results. If at any time during the clinics you feel you are in the wrong group, talk to your clinic leader and we will recommend an appropriate group for you. Please remember to check in with your clinic leader when you return from your run.

Monday and Wednesday Open Runs at 9:00a.m.
Saturday Morning open runs @7:30a.m.



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519-371-1577
Email: runnersden@me.com
Visit our Website:
www.runnersdenos.com
or visit our Facebook and Instagram pages



**"We are what we repeatedly do.
Excellence, then, is not an act,
but a habit."**

Aristotle

NAME: _____

ADDRESS: _____

TELEPHONE: _____ CELL: _____

EMERGENCY CONTACT: _____ PHONE: _____

EMAIL: _____

Release and Indemnity: in consideration of 1698878 Ontario Ltd. Accepting this, my entry/ hereby, both for myself and my heirs, release any liability and waive any claims for damages, whether for personal injury, death, illness, property damage and/or property loss, including claims for negligence, which may have as a result in my participation in this clinic, against the following: 1698878 Ontario Ltd., its executives and agents, and other participants in this walk/run. I acknowledge that running is a sport with risks (both known and unknown) inherent in it, and in signing this form it is my intention to accept all the risks and consequences thereof, for myself alone. The terms of this release are severable from one another, and the invalidity of any one or more clauses in this release shall not affect the validity of other clauses. I acknowledge that I have read this release in its entirety, that I understand and agree to be bound by its terms, and that I am signing it voluntarily and without duress or undue influence from anyone.

Signature _____
Date _____

Office Use Only
Gift Received, Par Q and You Signed