



Running Class 101, April 11th - May 18th 2013

When: Thursday evenings 6 pm at the Running Hub, 527 B West Cordova Rd : Santa Fe, NM 87505

Emphasis: to prepare beginning and intermediate runners to complete a 5k run – 6 classes

Instructor: Carol Davenport (Coach Carol)

Graduation Race: the Santa Fe Run-A-Round on May 18, 2013 (entry fee included but will need to sign entry form)

Cost: \$100

Includes free Membership for Santa Fe Striders for 2013:

- Discount on Strider race entry fees
- Monthly newsletter, the “Mile Markers”
- Weekly Track, Trail and Road Runs
- Picnics and Parties
- Make new friends
- Support/Sponsor 5 Local Races during the Year
- The Club Donates \$\$\$ to Help the Local Community
- 10% Discount at the Running Hub
- Personal Training Plans from the experts at the Running Hub
- 20% Discount at the Santa Fe Baking Company
- 10% Discount at the Swiss Bakery
- 10% Discount on Membership to NM Sport& Fitness
- 20% Discount on a 3 month/36 visit membership at Work-n-Spine Fitness

WAIVER: I know that running, participating in running classes and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the SANTA FE STRIDERS Road Runners Club, any owner of facilities used, any instructors hired and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

This waiver is for joining the Santa Fe Striders and for Running Classes

Signature _____ Date _____ Renewal _____ New Member _____

Parent's Signature _____ Date _____ Birthday _____

if <18 years old

Name _____

Address _____

City/State/ZIP _____

Telephone _____

Email _____

Enclose \$100.00 for the Running 101 Class. This fee includes the classes, free entry to the Run Around Race for 2013 and a free membership to the Santa Fe Striders for 2013. (Santa Fe Strider membership can include family/couples but everyone needs to sign the waiver). Make checks payable to Santa Fe Striders and mail to PO Box 1818, Santa Fe, NM 87504. Visit us at www.SantaFeStriders.org



**For more information on the Running Class,
contact:
Carol or John at the Running Hub 505-820-2523
Or Jim at 505-231-6166**

Carol Davenport has been a competitive athlete for 36 years. She is a veteran of over 40 marathons, including 13 Boston Marathons, and has wins in all distances from 5K to the marathon. In August 1982, she was featured on the cover of Runner's World. She has been a triathlete for 17 years, and is both a 70.3 and Hawaii (Ironman) World Championship top-ten finisher. She recently completed the 2012 Hawaiian Ironman World Championship, finishing ninth in her age group and third American. She is a USAT (USA Triathlon) certified coach, and has been coaching both running and triathlon for twelve years.

Athlete Waiver

Waiver/Release: I know that running and training programs are potentially hazardous activities. Further, I know I should not run unless I am medically able and properly trained. I assume all risks associated with running and racing, including but not limited to my own fitness and health condition, falls, contact with other participants, the effects of weather including high heat and/or humidity, cold, snow, ice, and the conditions on the track or of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting me for training, I, for myself and anyone entitled to act on my behalf, waive and release Carol Richardson-Davenport from all claims or liabilities of any kind arising out of my participation in this training program even though that liability may arise out of negligence or carelessness on the person named in this waiver. I warrant that I am 18 years of age or older.

Signed

Date
