

solepepper F.I.T

Spring Training Groups 2010

Spring Training (5k and up)

**Training session ends just in time for the Boulder
Boulder on Memorial Day!**

Programs can be adjusted to fit other race goals.

Monday/Wednesday Evening session:

March 8- May 26

5:30pm

\$168

Tuesday/Thursday Morning Session:

March 9- May 27

7:00am

\$168

Speedwork Only (March 8-May 27)

1 day per week. \$60

2 days per week. \$120

(This option does not include a training program.

Athletes may come to any of the morning or evening
scheduled group sessions.)

Program Benefits

Bi-weekly group training runs, and free Saturday group runs, full training program (Speedwork Only not applicable), Solepepper F.I.T. technical tee. Kickoff night @ Solepepper Sports, March 5, including meet the coaches, 20% off any purchases (30% off Zeal glasses) during the event, and registration fee counts toward your Solepepper Frequent Buyer Program!

Name: _____

Address: _____

Phone: _____

Email: _____

Program Selection:

Spring Training, full plan. (Circle one)

-M/W 5:30pm, March 8-May 26. \$168

-T/Th 7:00am, March 9-May 27. \$168

Speedwork ONLY. \$120/2 days per week,
\$60/ 1 day per week. Runners may come during
any of our morning or evening workouts.

(Circle One)

1 Day per week

2 Days per week

Method of payment:

Check (made payable to Solepepper Sports)

Credit Card # _____

Expiration date _____

Signature _____

*Forms may be sent or dropped in person at;
Solepepper Sports 459 S. McCaslin Blvd. Louisville
CO 80027 or may be faxed to 303-926-5448
Applications will also be accepted by phone at
Solepepper Sports 303-926-SOLE.

WAIVER & RELEASE FORM

Because physical exercise can be strenuous and subject to risk of serious injury, Solepepper F.I.T. urges you to obtain a physical examination from a doctor before beginning any exercise or training program. You agree that by participating in these physical exercise sessions or personal training activities, you do so **entirely at your own risk**. This includes, without limitation, (a) your use of all amenities and equipment in the facility, running trails and any off site location and your participation in any activity, class, program, personal training or instruction, (b) the sudden and unforeseen malfunctioning of any equipment (c) our instruction, training, supervision, or dietary recommendations. You agree that you are voluntarily participating in these activities and use of these running trails, facilities and premises **and assume all risks of injury**. You expressly agree to release and discharge your personal trainer, instructor, or coach and from any and all claims or causes of action. This waiver and release of liability includes, without limitation, all injuries to you which may occur, **regardless of negligence**.

If any portion of this release from liability shall be deemed by a Court of competent jurisdiction to be invalid, then the remainder of this release from liability shall remain in full force and effect and the offending provision or provisions severed here from.

You acknowledge that you have carefully read this waiver and release and fully understand that it is a **release of liability**. You agree to voluntarily give up any right that you may otherwise have to bring a legal action against the personal trainer or instructor for negligence, or any other personal injury or property damage or loss action.

Signed: _____

Printed Name: _____

Date: ___/___/___