

Pelican Running Club Registration Form

Your Name _____

Address _____

Work Phone _____ Home Phone _____ Cell Phone _____

E-mail address _____

(optional – if you'd like weekly training info/updates, please include)

In Case of Emergency, Please Notify _____ Relationship _____

Emergency Contact Phone _____ Emergency Contact Cell Phone _____

Please answer a few simple questions:

1. I would consider myself a (check one):

Newbie (never done anything like this before)

Runner (been doing it for a while and need some new goals)

Hardcore (verrrry serious about my training and need to socialize with others like myself)

2. What is your average training pace? _____

4. How often do you run each week? _____

5. How many miles do you train each week? _____

6. What was your longest training run in the last month? _____

7. What is your goal participating in this program? _____

8. Have you had any sports related or running-related injuries in the past year? _____

9. Are you taking any medications we should be aware of? _____

PLEASE READ THE FOLLOWING CAREFULLY.

In consideration of my participation in this program, I hereby, personally assume all risks in connection with participating in this program, and I further release the Pelican Athletic Club LLC, its owners, employees, agents, and successors from any and all liability for any injury or damage which may occur as a result of my participation, including all risks connected therewith, whether foreseen or unforeseen; and, further, to save and hold harmless the Pelican Athletic Club LLC, its owners, employees, agents, and successors from any claim by me individually or on behalf of my family, estate, heirs, or assigns, arising out of my enrollment and participation in this program.

I certify that I am aware of all the inherent risks associated with my participation in this type of program, and participation is totally my choice. I am also aware that I should consult with my physician before participating in this program.

I have read, understood this form.

Signature _____

Date _____