



## TRAIN FOR TEN AND HELP AMEN

**Training Agenda:** Training runs will take place Saturday mornings at 9:00 a.m. from February 4, 2012 through April 14, 2012. The purpose of the training program will be to prepare each participant to complete the GW Parkway Classic 10 Miler or 5K race on April 22, 2012. Participants will also be asked to raise money for Arlingtonians Meeting Emergency Needs, Inc. (AMEN) to help our neighbors who are struggling to make ends meet. For information about AMEN, see [www.emergencyneeds.org](http://www.emergencyneeds.org)

**For More Information:** Contact Coach Denny Pinch at [dennypinch@comcast.net](mailto:dennypinch@comcast.net) or call 703-979-3245. Mail registration forms and fees to AMEN, Box 7429, Arlington, VA 22207

**Training location:** W&OD bike trail adjacent to Benjamin Banneker Park near East Falls Church Metro. Runs will start at the 5-mile marker on the trail near the soccer field. There is some parking near the corner of N. 16<sup>th</sup> St and Sycamore St. off Roosevelt St. Participants will receive a training schedule and training shirt. The cost for the training program is \$80.00 and includes the training, a tee shirt and a donation to AMEN.

Name \_\_\_\_\_ Shirt Size \_\_\_\_\_

Address \_\_\_\_\_

Phone Numbers (h) \_\_\_\_\_ (w) \_\_\_\_\_ (c) \_\_\_\_\_

Email Address \_\_\_\_\_

Emergency contact name and phone number \_\_\_\_\_

Describe your recent workout routine. \_\_\_\_\_

What has been your longest run in the last two weeks? \_\_\_\_\_

**Waiver:** I know and understand that training for and running a road race is a potentially hazardous activity. I should not train for and enter the race unless I am medically able and properly trained. I assume all risk associated with the training program, including but not limited to: falls, contact with others, the effects of the weather, traffic conditions, the conditions of the roads or trails, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting me as a participant in your training program, I, for myself and anyone entitled to act on my behalf, waive and release AMEN and anyone associated with the AMEN, and Denny Pinch and his heirs, successors and assigns, from any and all claims of liabilities of any kind arising out of my participation in this training program and the 10 Miler or 5K race, even though that liability may arise out of negligence or carelessness on the part of the person(s) named in this waiver.

Signature \_\_\_\_\_ Date \_\_\_\_\_