

Office Use: POS ActiveSalem CC

Women's Beginning Walking & Running Fall 2010 Clinic

Complete and bring or mail with check (payable to GFR) to:
Gallagher Fitness Resources
135 Commercial St NE, Salem, OR 97301

Please select one group - Please print clearly

- Leopard** (Beginning Walk - 5k goal) Walks safely, slow pace
- Cougar** (Intermediate Walk - 5k goal) Moderate pace
- Jaguar** (Advanced Walk - 5k/10k goal) Quick pace, highly active
-
- Panther** (1st Walk-Run - 5k goal) Criteria: walk 30-45 minutes, 3 to 4 days/week, for 8-12 weeks prior to August 3rd to ensure a safe and enjoyable transition to running
- Cheetah** (2nd Walk-Run - 5k goal) Currently runs some, active 3-5 days per week
- Bobcat** (Run - 5k/10k goal) Currently runs 3 or more days/week

Name	
Address	
City	Zip
E-mail (For On-Line workouts, handouts & Clinic Updates)	
Day Phone	Eve
Emergency Contact	Phone
Birthday (For Heart Rate calculations) ____/____/____ Age	

WAIVER: I know that running/walking is potentially hazardous. By entering this program I am taking responsibility for medical clearance and for being physically able to participate. I acknowledge effects of weather including cold, wind, rain, high heat and humidity or that falls, contact with participants, sidewalk and road conditions and traffic are risks known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of my being accepted into the run/walk program, I, for myself and anyone entitled to act on my behalf, waive and release Gallagher Fitness Resources, GFR, Inc. and all sponsors, program officials, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these activities even though that liability may arise out of negligence on the persons named in this waiver. I grant permission to Gallagher Fitness Resources to use any photographs, video or any other record of this clinic for legitimate purposes. I understand that audio headsets are not allowed and registration is non-refundable.

Signature _____ Date _____

New __\$90 Early __\$100 after 7/20
Alumni __\$80 Early __\$90 after 7/20