



## Half Marathon / 10K Training Group

8 week program starting Saturday, April 7th, 2012



If you are currently able to run 3-5 miles at least 3 times per week and would like to run your first half marathon, take part in a consistent fitness program, set a PR, or just want to train with a great group of people, this training group is for you! The timing of this group is perfect to get you ready for the Dirty Half or Happy Girls Half (race entry not included.)

FootZone welcomes Shay Frazier. Shay is excited to help new and experienced runners alike! With a long-time fitness training background, extensive coaching experience and a successful running career, Shay will share her personal joy of running to help you achieve your running goals through this 9 week program. Learn about running form, proper training, injury prevention, nutrition and more in a fun, positive, and supportive environment.

9 week program starts Saturday, April 7th at 8:00am and continues each Saturday morning through May 26th.

### Includes:

- training plan
- individualized attention in a group setting
- tech tee
- discount on a personalized running shoe fitting and purchase of shoes
- classes and online support
- and more!

**Questions? Email Shay at**  
[shay@footzonebend.com](mailto:shay@footzonebend.com)

### FootZone Half Marathon 10K Training Group

Registration Information: Please print very clearly!

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Gender:    M    F    Age: \_\_\_\_\_

Shirt Size: (choose one size only)

Men's:    S    M    L    XL    XXL

Women's: S    M    L    XL

### Select One:

10 K     Half Marathon

**Cost: \$75 – Payable to FootZone Events**  
**\$65 – Sign up w/ friend by 3/24**

**Drop off or mail form to:**  
**FootZone**  
**845 NW Wall St**  
**Bend, OR 97701**

**Waiver:** I know that running is a potentially hazardous activity. I should not enter the FootZone Training Program unless I am medically able. If I have any questions regarding my ability to participate in this program, I will consult a doctor to obtain clearance before beginning the program. I assume all risks associated with participating including weather, traffic, and various unforeseen running conditions, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in your consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the training program, the leaders, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this program even though that liability may arise out of the negligence or carelessness on the part of the person(s) named on this waiver:

Signature: \_\_\_\_\_

Date: \_\_\_\_\_