

**2010 Capital Striders / Fitness Sports  
Winter / Spring Training Run  
Information and Liability Release  
January 16 – May 30, 2010**

Name \_\_\_\_\_ Age \_\_\_\_\_ Gender M / F  
Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_  
Phone (home) \_\_\_\_\_ (work) \_\_\_\_\_  
E-mail address \_\_\_\_\_

Please add me to the weekly update emails which include maps, tips and other information

Are you currently a Capital Striders member?

- Yes  
 No  
 No, but send me information on becoming a member!

Would you be willing to volunteer?

- For a training run water stop  
 Any other Capital Striders events

Have you ran a half-marathon or farther before? (13 miles) \_\_\_\_\_ Which race (s)? \_\_\_\_\_

What long race are you training for? \_\_\_\_\_

Average miles per week you've run during the past month? \_\_\_\_\_ Past year? \_\_\_\_\_

Have you participated in this program before? \_\_\_\_\_ When? \_\_\_\_\_

Have you participated in other marathon training programs? \_\_\_\_\_ Where? \_\_\_\_\_

We're currently exploring ideas - How would you like to be notified of changes or cancellations due to weather?

- Post it on [www.CapitalStriders.org](http://www.CapitalStriders.org) or [www.FitnessSports.com](http://www.FitnessSports.com)  
 Send an email update to the "weekly emails" list  
 I'd like a phone number to call to hear a recording

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In the consideration of the acceptance of this form, I, for myself, my executors, administrators, and assignees do hereby release and discharge the Capital Striders, Drake University, Fitness Sports Ltd., The Drake Relays, the Cities of Des Moines, West Des Moines, Clive, Urbandale and Windsor Heights, Polk County, The Road Runners Club of America and any and all other sponsors from all claims or damages, demands, actions whatsoever in any manner arising or growing out of my participation in the training program. I attest and verify that I have full knowledge of the risks involved in these events and I am physically fit and trained to participate in these sessions.  
Remember, your safety is ultimately your own responsibility!!

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