



ADIDAS Spring Distance Training Group 2014

Start Date	Goal Races
Saturday, January 4 th , 2014	Pittsburgh Marathon & Half Marathon • May 4, 2014
7:30am	Boston Marathon • April 21, 2014
Fleet Feet Sports , 2290 Delaware Ave.	Around the Bay 30k • March 30, 2014

Last Name: _____ First Name: _____ M. I. _____

Email Address (please write clearly): _____

*We **MUST** have your email address in order to communicate with you about the program.

Street Address _____

City _____ State _____ Zip Code _____

Phone _____ Birth Date _____ Age (at start of program; must be 18) _____

Gender: _____ Jacket Size (gender specific): XS* S M L XL (*XS Female only)

Race You Plan to Run: _____ Distance: Full Marathon Half Marathon

Emergency Contact Name: _____ Phone: _____

Program Updates:

With our new official sponsorship by Adidas, each group member will receive a custom Fleet Feet Racing printed Adidas SMT running jacket and "Adi-bucks" to spend on Adidas products at Fleet Feet. Members will still have two coaches available by email anytime, weekly newsletters, planned routes with water/Nuun stops for every group run, occasional group runs at Chestnut Ridge Park, products samples at many group runs, and other perks!

We are also very excited to offer a new **Boston365** Program for the VIP Boston Marathon experience! This sub-group is for those who have already qualified and registered for the 118th Boston Marathon on April 21, 2014. This exclusive opportunity is limited to 8 people. The experience includes:

- Access to the VIP Lounge
- VIP Bus to the starting line (with bags returned to VIP lounge)
- VIP access to the race Expo
- VIP party at McGreevey's on Friday night
- VIP party with Competitor Group, Fleet Feet Sports, and Adidas on Saturday night
- VIP tour (venue TBD, either Sam Adams Brewery or Fenway Park!)



Additional Program Options:

- **Good Form Running Clinic**

At Good Form Running you will learn to run more efficiently, which can help to prevent injury. Clinics are \$15 and scheduled monthly at Fleet Feet. You can choose which to attend as they are scheduled.

- **Nutrition Counseling** with Melinda Bewley, RD, CDN, of Balanced Nutrition. See:

www.balancednutritionwny.com/events

You'll have the opportunity to sign up for various nutritional classes that focus on performance nutrition, pre- and post-workout meal ideas, and hydration tips. More information will be provided at the start of the group runs.

Registration Fees: {Make checks payable to Fleet Feet Sports Buffalo; Return or Mail to: Fleet Feet Sports Buffalo, 2290 Delaware Ave. Buffalo, NY 14216}

\$100 for returning distance group members

\$120 for new distance group members

\$350 for Boston365 VIP Boston Marathon experience

The following are questions that will help us assist you in reaching your goals:

<u>If you are training for the <i>marathon</i>:</u> How many marathons have you completed?	<u>If you are training for the <i>half marathon</i>:</u> How many half marathons have you completed?
What is your goal? Circle below: 5 hours 4hrs 30min 4 hours 3hrs 30min 3 hours Other _____ (please provide time)	What is your goal? Circle below: 3 hours 2hrs 30min 2 hours 1hr 45 min 1hr 30min Other _____ (please provide time)

What is your most recent race? _____ What was the date of race? _____

What was your finishing time? _____

What is the distance (in miles) of your current long run each week? _____

Do you have any history of any health conditions that we need to be aware of or affect your participation in this program? If yes, please explain: _____ If yes

have you received clearance from your physician to participate? _____

*****Please check with your doctor before you start this program if there are any concerns*****

Release and Waiver

In consideration for the acceptance of this application for entry to Fleet Feet Racing-Buffalo, an RRCA sanctioned running club, I hereby acknowledge that Fleet Feet Sports, Fleet Feet Sports of Buffalo, their employees, officers, directors, shareholders, agents, representatives, volunteers & sponsors cannot assure my safety during participation in the Training Group. I recognize that participation in the Training Program exposes me to risks including but not limited to running related injury, traffic & the detrimental effects of heat & pollution. Applicant acknowledges that his/her participation in the Training Program is entirely voluntary & hereby assumes all responsibility for personal injury. Applicant further represents & warrants to the best of his or her knowledge that Applicant is in good health & physical condition & is able to engage in the Training Program without any health or physical concern to his or her well being.

I, therefore, for myself, my heirs, executors, administrators, successors & assigns, HEREBY RELEASE, WAIVE & FOREVER DISCHARGE & SAVE HARMLESS THE "RELEASED PARTIES" (DEFINED TO INCLUDE: FLEET FEET AGENTS, REPRESENTATIVES, VOLUNTEERS & SPONSORS), jointly & severally, from any & all claims, losses, damages, demands, costs, causes of action or liability of any kind, whether in law or in equity, for injury or death, or loss or damage to property, from whatever source, of whatever nature, resulting or arising from my attendance at or participation in the Training Program, whether as a spectator, participant or otherwise & whether or not as a consequence of my following any program of diet &/or exercise on the recommendations of any of the aforesaid; whether prior to, during or subsequent to said attendance or participation AND NOTWITHSTANDING THAT ANY SUCH CLAIM MAY HAVE BEEN CONTRIBUTED TO OR OCCASIONED BY THE NEGLIGENCE OF THE AFORESAID.

The undersigned has read this release & waiver & understands all of its terms & executes it voluntarily & with full knowledge of its significance.

Signature of Applicant

Date

EMPLOYEE USE ONLY:

Employee Initials: _____ **Date Paid:** _____ **Amount Paid:** _____ **Method:** _____