



## Youth Running Class 101, May 4<sup>th</sup> - May 13th 2015

**When:** Monday May 4 and Wednesday May 6  
Monday May 11 and Wednesday May 13

**Time:** 4:30 PM to 5:15PM

**Where:** Desert Academy, 7300 Old Santa Fe Trail, Santa Fe, NM 87505

**Emphasis:** Prepare youth runners (Age 4-18) to complete the Santa Fe Run Around 1K or 5K – 4 class sessions

**Instructor:** Mariam Browne (Coach Mariam)

**Graduation Race:** the Santa Fe Run-A-Round on May 16, 2015 (entry fee included but will need to sign entry form)

**Cost:** \$25

**Includes free Youth Membership for Santa Fe Striders for 2015:**

- Strider Running Shirt
- Discount on Strider race entry fees
- Periodic newsletter, the "Mile Markers"
- Weekly Track, Trail and Road Runs
- Picnics and Parties
- Make new friends
- Support/Sponsor 5 Local Races during the Year
- The Club Donates \$\$\$ to Help the Local Community
- 10% Discount at the Running Hub
- Personal Training Plans from the experts at the Running Hub
- 20% Discount at the Santa Fe Baking Company
- 10% Discount on Membership to NM Sport & Fitness
- 20% Discount on a 3 month/36 visit membership at Work-n-Spine Fitness
- 10% Discount at Banyan Spa

Interested in volunteer coaching? Contact Mariam Browne at [mariambrowne@hotmail.com](mailto:mariambrowne@hotmail.com) for Details

WAIVER: I know that running, participating in running classes and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the SANTA FE STRIDERS Road Runners Club, any owner of facilities used, any instructors hired and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

### This waiver is for joining the Santa Fe Striders and for Youth Running Classes

Signature \_\_\_\_\_ Date \_\_\_\_\_ Renewal \_\_\_\_\_ New Member \_\_\_\_\_

Parent's Signature \_\_\_\_\_ Date \_\_\_\_\_ Birthday \_\_\_\_\_

if <18 years old

Name \_\_\_\_\_ Telephone \_\_\_\_\_

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

City/State/ZIP \_\_\_\_\_

**Enclose \$25 for the Youth Running Class 101.** \$5 Fee for 4 running class sessions & Entry Fee to the Santa Fe Run Around Race for 2015 and a \$20 Membership to the Santa Fe Striders for 2015. FYI, the Santa Fe Strider Membership for \$20 may include family/couples (but everyone needs to sign the waiver). Make checks payable to Santa Fe Striders and mail to PO Box 1818, Santa Fe, NM 87504. Visit us at [www.SantaFeStriders.org](http://www.SantaFeStriders.org)



**For more information on the Youth Running Class,  
contact:**

**Mariam Browne 505-660-6231  
Or Jim Owens at 505-231-6166**

Mariam Browne has been running for 35 years. She is currently the Vice President of the Santa Fe Striders and has worked diligently to promote running for youth through volunteering her time with the Atalaya's Turkey Trot Running Clinic, Desert Academy's Monster Dash, and Summer Junior Olympic's Track Program. She has volunteered with races for over 16 years, mainly for her brother Pablo Read's 4th of July Memorial Run in Las Vegas.

Mariam comes from a family of runners and grew up in Las Vegas, NM. She has been running with the Santa Fe Striders for over 6 years. As an adult, she has run 5K - Marathons (one of her biggest accomplishments was qualifying for and running the NYC Marathon). As a youth, she was an accomplished Middle and Long Distance runner as well as Cross-Country runner.

Mariam has been a Physical Therapist for 21 years in different settings and currently works in the Santa Fe Public Schools with children with special needs. She loves working with youth.

## **Athlete Waiver**

**Waiver/Release:** I know that running and training programs are potentially hazardous activities. Further, I know I should not run unless I am medically able and properly trained. I assume all risks associated with running and racing, including but not limited to my own fitness and health condition, falls, contact with other participants, the effects of weather including high heat and/or humidity, cold, snow, ice, and the conditions on the track or of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting me for training, I, for myself and anyone entitled to act on my behalf, waive and release Mariam Browne from all claims or liabilities of any kind arising out of my participation in this training program even though that liability may arise out of negligence or carelessness on the person named in this waiver. I warrant that I am the parent or legal guardian if not 18 years of age or older.

---

**Name**

---

**Signed**

---

**Date**

---