



## Running Class 101, April 2nd - May 14th 2019

**When:** Tuesday evenings 6:15 pm, Fort Marcy Park Playground, Santa Fe, NM 87505

**Emphasis:** to prepare beginning runners to complete a 5k run – 7 classes

**Instructors:** Liz Sponagle and Carol Davenport

**Graduation Race:** the Santa Fe Run-A-Round on May 18, 2019 (entry fee included but will need to sign entry form)

**Cost:** \$100

**Includes free Membership for Santa Fe Striders for 2019:**

- Discount on Strider race entry fees
- 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

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 Running Classes

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

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

if <18 years old

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Telephone \_\_\_\_\_

Email \_\_\_\_\_

Make checks payable to Santa Fe Striders for \$100.00 for the Running 101 Class

Mail to: Santa Fe Striders, PO Box 1818, Santa Fe NM 87504

Or, Bring to the first Class

Or, Register on line at: <http://www.newmexicosportsonline.com/events/details?id=67939>

This fee includes the classes, free entry to the Run Around Race for 2019, and a free membership to the Santa Fe Striders for 2019. (Santa Fe Strider membership can include family/couples but everyone needs to sign the waiver).

Visit us at [www.SantaFeStriders.org](http://www.SantaFeStriders.org)