



## Spring Training Session 2017

5k, 10k, 1/2 Marathon Training Program

Held at Hudson Mills Metro Park

Sundays – 9:00-10:30 am March 19 – May 21, 2017

Wednesdays – 6:30-8:00 pm March 22 – May 24, 2016

Name: \_\_\_\_\_  
First Last

Address: \_\_\_\_\_  
Street  
\_\_\_\_\_  
City, State Zip

Contact: \_\_\_\_\_  
Phone Email

Emergency Contact Name Phone

Goal Where did you hear Birthdate  
5k 10k 1/2 about our program? \_\_\_\_\_ /  
month/day

New Returning  
Members Members  
\$ 109 \$ 99 Sun OR Wed  
\$ 189 \$ 179 Sun & Wed

Session includes short-sleeve tech shirt

Please make check payable to:  
**Women in Motion**  
Mail to: Women In Motion  
c/o Wanda Gunderson  
11713 Dunlavy Lane  
Whitmore Lake, MI 48189

**We will meet at the Oak Meadows (1<sup>st</sup>) parking lot**

NOTE: Registration fee does not include entry for the goal event or Metro Park Pass

Please note there are no refunds or makeup sessions for canceled sessions due to severe weather conditions.

Liability: I understand that exercise is physically stressful and can be moderately dangerous for some people with health problems of which they may not be aware. I certify by my signature below that I: 1) have considered the state of my health and the risks associated with physical exercise and 2) fully accept any risks, both known and unknown, associated with my participation in Women In Motion. I understand that participation in this class is voluntary, and I am choosing to participate of my own volition. I hold harmless and release women in motion from any and all liability, law, and/or damages that may be directly or indirectly related to any personal injury sustained from my participation in Women In Motion.

Signature (Parent signature if under 18) Date

Questions? Contact [wanda@womeninmotion.us](mailto:wanda@womeninmotion.us) or [sam@womeninmotion.us](mailto:sam@womeninmotion.us)