



Winter Training Session 2018
5k, 10k, ½ Marathon Training Program
Held at Hudson Mills Metro Park
Sundays – 9:00-10:30 am January 7 – February 25, 2018

Name: _____
First Last

Address: _____
Street

City, State Zip

Contact: _____
Phone Email

Emergency Contact Name Phone

Goal Where did you hear Birthdate /
5k 10k ½ about our program? _____ month/day

New Returning
Members Members

\$ 86 \$ 76 Sunday morning

No frills session

We will meet at the Activity Center

Please make check payable to **Women in Motion**

Mail to: Women In Motion
c/o Wanda Gunderson
11713 Dunlavy Lane
Whitmore Lake, MI 48189

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 or sam@womeninmotion.us