



15K Training for WALKERS!

*Sign up now for your
eight-week walking program!*

Weekly Workouts: 8 AM, Saturday mornings, July 28 – September 15, 2007 (eight weeks).

Guidelines: This program will prepare you to race-walk the **Waterfront 15K** on Saturday, September 15 in Bellingham. This training group is perfect for walkers who want a summer-long step-by-step training plan and the opportunity to do a 15K (9.3 mile) race. Open to any fitness level, beginners to long-time walkers.

Your Training Experience: Cindy Paffumi has over 25 years of race-walking experience—but she relishes the benefits of walking over racing. “You don’t have to race to get all the benefits of race-walking,” she says. Cindy loves the camaraderie found with other walkers and the beauty of our local trails, where your workouts will be.

Questions: Have questions about the program? Want to talk to the coach? Contact Coach Cindy Paffumi at (360) 319-3350 or e-mail cpaffumi@comcast.net.

To Sign Up: Complete this registration form, or download a form at www.FairhavenRunners.com, or come to the Fairhaven Runners & Walkers store. Because of the popularity of our walking training programs, we must cap the number at 60 participants. So, if you’re interested, we encourage you to sign up as soon as possible!

Join our eight-week training program and get:

- Coaching on how to increase your walking speed.
- Techniques for making your walk aerobic.
- A Saturday morning workout in a very supportive, non-intimidating environment.
- An eight-week-long training schedule.
- Perfect for walkers at all levels who want to increase speed and improve fitness levels.
- Coaching from a national-class race walker, Cindy Paffumi, who is committed to the benefits of walking (not just racing!).
- Eight-week program for \$50.



1209 11th Street | Bellingham | www.FairhavenRunners.com
360.676.4955 | STORE HOURS: Mon - Sat: 10 - 7 | Sun: 11 - 5

15K Training for WALKERS!

*Sign up now for your
eight-week walking program!*

To Sign Up: Complete this registration form, go online at www.FairhavenRunners.com, or come to the store.

Your E-mail: Communication by e-mail is very helpful during the program. If available, please provide a reliable e-address below. (Fairhaven Runners & Walkers does not sell or trade your contact information with anyone.)

Questions: Contact coach Cindy Paffumi at (360) 319-3350 or e-mail cpaffumi@comcast.net.



Participant Agreement, Release and Acknowledgment of Risk

I hereby agree to release and discharge Fairhaven Runners, its owners, employees, agents, coaches, volunteers and all others acting on its behalf, on behalf of myself, my spouse, my children, my parents, my heirs, assigns, personal representative and estate as follows:

1. I acknowledge that clinic and training programs for runners/walkers entail risk which could result in serious injury, paralysis, death or damage to myself, third parties and my own or others' property. I understand such risks cannot be eliminated completely without jeopardizing the essential qualities of these activities. Sample risks included, but are not limited to, the effects of: weather, exertion, running surfaces and their condition, vehicle traffic, insects and animals, improper first aid, my own physical condition and level of experience, my own failure to follow safety and instructional guidelines and error, negligence, or insufficient instruction on the part of Fairhaven Runners, its coaches or run leaders.
2. I expressly agree and promise to assume all risks in this training program. My participation in this training program is voluntary and I elect to participate despite the risks.
3. I hereby voluntarily release, forever discharge and agree to hold harmless Fairhaven Runners from any and all claims, demands or causes of action which are in any way connected with my participation in these activities, including all claims which allege negligent acts or omissions of Fairhaven Runners.
4. I agree to indemnify and hold harmless Fairhaven Runners from incurring attorney's fees and costs to enforce this agreement. I agree that any legal action shall be brought only in Whatcom County and Washington State law shall be applied. If any portion of this agreement is deemed invalid or unenforceable, all other portions of this agreement shall remain in full force and effect.
5. I certify and agree that I have insurance or sufficient funds to cover injury or damage I may cause or suffer while participating in these activities. I certify that I have no medical or physical conditions which would interfere with my safety in these activities, or else I am willing to assume and to bear the costs, directly or indirectly, by any such conditions.
6. By signing this document, I acknowledge that if any injury occurs, I may be found by a court of law to have waived my right to maintain a lawsuit against Fairhaven Runners on the basis of any claim from which I have released it herein.
7. I have had sufficient opportunity to read this entire document. I have read and understood it, and I agree to be bound by its terms.

Signature of Participant: _____ Print Name: _____

Signature of Parent/Guardian: _____ Print Name: _____

Participant's Age: _____ or: (check if over 18)

Phone: _____ Address: _____

E-mail Address: _____

Participation Fee: \$50

Please pay prior to first session on April 26.

Circle pay method:

Cash Check Visa MC



1209 11th Street | Bellingham | www.FairhavenRunners.com
360.676.4955 | STORE HOURS: Mon - Sat: 10 - 7 | Sun: 11 - 5