

# Running 101

Walk, Run, Have Fun!

**8 weeks - \$70**



- Free biomechanical evaluation and shoe fitting by a physical therapist (value \$50)
- Weekly run/walk training by experienced runners
- Sessions on injury prevention and treatment, nutrition, stretching, and more
- InStep tech tee (value \$15) and tech socks (value \$9)
- Discounts on InStep purchases
- Group support

## Registration

Store Location \_\_\_\_\_

Program Dates \_\_\_\_\_

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

Date of Birth \_\_\_\_\_  Male  Female

Street Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Telephone (     ) \_\_\_\_\_ Email \_\_\_\_\_

### Please check one of the following:

- I am repeating this program
- I am a graduate of a previous InStep program
- I have not participated in an InStep program before

**Check shirt size:**  Women's  Men's  XS  S  M  L  XL

**Please include fee of \$70 (make checks payable to: InStep Physical Therapy & Running Center)**

Check method of payment:

MasterCard  VISA  AMEX  Discover  Cash  Check

Card Number: \_\_\_\_\_ Exp. Date: \_\_\_\_/\_\_\_\_ Code: \_\_\_\_\_

### Waiver of Liability and Indemnity Agreement

I know that participating in physical fitness events is a potentially hazardous activity. I agree not to participate unless I am medically able and properly prepared. I should not participate without my physician's approval. "Class" shall include, but is not limited to, all activities, events or services in any way provided, organized, sponsored or authorized by the Class Organizers. On my own behalf, any minors or third parties for whom I am registering, I agree that (a) we will abide by any decision of a Class official concerning our ability to safely participate; (b) we will assume any and all risks associated with the Class; including but not limited to, falls, contact with other persons or objects, the effects of the weather, traffic and other course conditions; (c) we hereby consent to permit, and accept responsibility for emergency treatment in the event of injury or illness; (d) we understand if the Class cannot be held as scheduled, we may not be entitled to a refund of any money paid. As a condition of entering this Class, I for myself, any minors, or any third party for whom I am acting, waive and release InStep Physical Therapy & Running Center and any associated or related entities, their directors, officers, employees, agents, representatives, sponsors, volunteers, and Class Organizers, from present and future claims and all liabilities of any kind, known or unknown, arising out of our participation in this Class or related activities, even though such claim or liability may arise out of negligence or fault on the part of the Class Organizers. We agree that (a) the Class Organizers shall not be liable for any personal injury, death or property loss, and we release the Class Organizers and waive all claims with respect thereto, and (b) to hold harmless and indemnify the Class Organizers, from any and all liability from any property damage or personal injury to any third party resulting from our participation in the Class. We grant permission to Class Organizers to use or authorize others to use our personal information, including but not limited to any photographs, images or documentation of our participation in this event or related activities without remuneration being provided to us. I have read this Waiver of Liability and Indemnity Agreement. I understand and accept its terms.

I represent and warrant that: (a) I am over 18 years of age, and that, if I am registering a minor, that I am the parent or guardian of such minor; (b) if I am registering third parties, I have been duly authorized to act on behalf of such parties; and (c) the terms of this registration shall apply equally to me, any minor, and to any third parties for whom I am acting. The participation in the Class by a third party shall be their confirmation that I was acting as their agent.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

(Parent/Guardian signature required for participants under 18)

*Privacy Policy: InStep Physical Therapy and Running Center is committed to respecting the privacy of our customers. We protect all personal information collected.*

**www.RunInStep.com**

**www.Facebook.com/RunInStep**