



west coast road runners

www.wcroadrunners.com

Half and Full Marathon Training Program

Opening Day & Orientation - 1/7/12 & 1/14/12

8:00am at Road Runner Sports - details at www.wcroadrunners.com

Get Ready to **ROCK N' ROLL!**

Train for San Diego Rock n Roll Half or Full Marathons

..... or 14 other races

ALL Paces Welcome! - First-timers to Advanced! Race Discounts - Weekly Training schedules

Saturday Pace Group runs/ walks - Weekly Track workouts - Educational Seminars

Run/walk courses all over San Diego with Certified Coaches - Free Technical T-shirts

3 Training Locations to start - 50+ Yrs of Marathon Coaching Experience! - On-Line registration



New Members : \$80/season before 11/30/11 - \$85/season 11/30-12/31 - \$90/season after 12/31/11

Returning members: \$70/season before 12/31/11 - \$75/season after 12/31/11

Make checks payable to: WC Road Runners, 870 Capri Rd, Encinitas, Ca. 92024

On-Line registration at www.active.com • Call **858.492.8455 or visit www.wcroadrunners.com**

Registration Form (Print Carefully Please)

Email address: info@wcroadrunners.com

Previous WCRR member? Yes No Number of Marathons _____ How did you hear about us? _____

T-Shirt Size Mens ___ Ladies ___ / SM ___ M ___ L ___ XL ___ XXL ___ AGE ___ SEX - M F What race are you training for? _____

NAME _____

PHONE (_____) _____

ADDRESS _____

City _____ Zip _____

E-MAIL: _____ **(REQUIRED – Print Clearly)**

RELEASE AND WAIVER In consideration for the acceptance of this application for entry to the Training Program of West Coast Road Runners, I hereby acknowledge that West Coast Road Runners, its employees, officers, directors, coaches, agents, representatives, volunteers and sponsors cannot assure my safety during participation in the Training Program. I recognize that participation in the Training Program exposes me to risks including, but not limited to, running and/or walking related injury, traffic and the detrimental effects of heat and pollution. I certify, represent and warrant that I am in a healthy, qualified and appropriate physical condition in order to complete the Training Program and participate therein. I, for myself, my heirs executors, administrators, successors, and assigns HEREBY RELEASE, WAIVE AND FOREVER DISCHARGE AND HOLD HARMLESS West Coast Road Runners, their employees, officers, directors, coaches, agents, representatives, volunteers, sponsors, successors and assigns OF AND FROM ALL CLAIMS, demands, damages, costs, expenses, actions and causes of action, whether in law or equity, IN RESPECT OF DEATH, INJURY, LOSS OR DAMAGE TO MY PERSON OR PROPERTY, HOWSOEVER CAUSED, arising or to arise by reason of or during my attendance at or participation in the Training Program, whether as a spectator, participant or otherwise and whether or not in consequence of my following any program of diet and/or exercise on the recommendation of any of the aforesaid; whether prior to, during or subsequent to said attendance and participation and notwithstanding that any such claim may have been contributed to or occasioned by the negligence of any of the aforesaid. I also give permission for the free use of my name, voice or picture in any broadcast, telecast, newspaper article, report, advertising or marketing promotion or other account of this Training Program. I hereby agree to abide by all rules, policies, procedures and instructions of the Training Program and the people conducting it. (I, as Parent or Guardian of the Participant, a minor, have READ and AGREE to the above RELEASE as terms for the participation of the above-signed Participant, a minor.) By my signature I certify that I have read and understand the above.

DATED: _____ Participant's Signature (parent or guardian if under 18 years) _____

