

*Get in the Best  
Shape of your  
Life!*

Opening Days and  
Orientation:

January 6 & 13  
8:00 AM

Opening Days At  
Road Runner Sports  
5553 Copley Drive

wcroadrunners.com

- ◆ Saturday runs/walks
- ◆ All Paces welcome – Beginners to advanced
- ◆ 6 Pace groups
- ◆ Great Race Discounts
- ◆ Weekly training schedules
- ◆ 3 Training Locations
- ◆ Track workouts
- ◆ 200+ yrs marathon coaching experience
- ◆ Free technical t-shirt
- ◆ Educational Seminars
- ◆ Certified Coaches

**\*Make Checks Payable to:**

WC Road Runners  
991 Lomas Santa Fe Dr C403  
Solana Beach, CA 92075

**We also accept payment via  
Venmo & Zelle**

**Phone:** 858.492.8455  
**Contact:** wcroadrunners.com



*w e s t c o a s t r o a d r u n n e r s*

## Half & Full Marathon Training Program

*B E S T R U N C L U B i n P A C I F I C W E S T R E G I O N*

Training for 18+ Half & Full Marathons – including local favorites:

**San Diego Half, La Jolla Half,  
Rock n' Roll San Diego Marathon!**



Register online at [wcroadrunners.com](http://wcroadrunners.com) or by mail\*:



**New Members:**

**\$85/season** before 11/30/23

**\$90/season** 11/30-1/31/24

**\$95/season** after 1/31/24

**\$155- Annual Membership**

**Returning Members:**

**\$80/season** before 12/15/23

**\$85/season** 12/15-1/30/24

**\$90/season** after 1/30/24

**\$150 - Annual Membership**



Name \_\_\_\_\_ Previous WCRR Member?  yes  no

Street Address \_\_\_\_\_ How did you hear about us? \_\_\_\_\_

City, State, Zip \_\_\_\_\_ Age: \_\_\_\_\_ Number of Marathons: \_\_\_\_\_

Email (required) \_\_\_\_\_ Sex:  M  F T-shirt size:  Sm  M  L  XL  XXL

Phone \_\_\_\_\_ What race are you training for? \_\_\_\_\_

**By my signature I certify that I have read and understand the release & waiver below.**

Participant's Signature (parent or guardian if under 18 years) \_\_\_\_\_ Date \_\_\_\_\_

**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 or 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.)