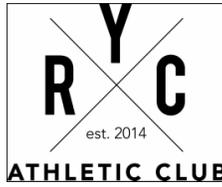


# Lite Feet Racing



Half Marathon, 10k, 5k Training Class

## Personal Information

Name:

Phone:

Address:

Email Address:

Age:

## Emergency Contact:

Name:

Phone:

## Running Specific Questions:

In general, how would you rate your health? (Circle One) Excellent----- Very Good----- Good----- Fair----- Poor

Do you run on a regular basis? (Circle one) YES ---- NO -----

If Yes, How many times per week:

For how many minutes:

Do you exercise on a regular basis? (Circle one) YES ---- NO -----

If Yes, How many times per week:

For how many minutes:

Describe the type of exercise:

What is your Bra size?

What is your running shoe size?

What is your first and second priorities for a coaching/ running program?

## Waiver and consent:

With the completion of this application and signature, you understand that running is a potentially hazardous endeavor. You should not participate unless you are medically able and physically trained. You agree to abide by any decisions by the sponsoring organization relative to your ability to safely participate with this training program. You assume all risks associated with your participation in this training program including, but not limited to falls, contact with other participants, effects of weather, effects of conditions of the course, minor injuries: such as scrapes, bruises, sprains and strains; as well as more serious injuries such as heat stroke, and heat exhaustion, dehydration and over hydration, bone, joint and muscle injuries, head injuries such as concussions, and finally catastrophic injuries; such as heart attacks and other conditions which could be fatal. All such risks being known to you, having read this waiver, and knowing these facts- YOU, for yourself and anyone entitled to act on your behalf, waive and release The City of Ypsilanti, Washtenaw County, Ypsilanti Running Company, and Lite Feet Racing from all claims and liabilities of any kind arising out of your participation in this athletic training program.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_