



# TeamFootWorks

## FITNESS 101 5K TRAINING

| FITNESS 101 2017 SESSIONS |   |
|---------------------------|---|
| FITNESS 101.1             | Jan. 9 - Feb. 22<br><small>Target Event: Tribute to the Military (Mar 12)</small> |
| FITNESS 101.2             | Mar. 6 - Apr. 19<br><small>Target Event: Miami Corporate (Apr 27)</small>         |
| FITNESS 101.3             | Sep. 11 - Oct. 25<br><small>Target Events: Waterford &amp; ZooRun (Nov)</small>   |

Please fill out this form completely. Entry is NON-REFUNDABLE AND NON-TRANSFERABLE

TeamFootWorks has crafted Fitness 101 Beginner Training program for anyone who wishes to enter or return to a healthier lifestyle. Regular exercise can help protect you from heart disease, stroke, high blood pressure, non-insulin dependent diabetes, obesity, back pain, improve your mood and help you to better manage stress. By running/walking for 30-45 minutes, 3-4 days a week you will soon feel and see the positive results of a fitness-conscious lifestyle.

Participants meet twice a week for about 60 minutes on Mondays and Wednesdays at FootWorks in South Miami at 6:30pm during the 7 week program. FootWorks is located across from the Barnes & Noble at 5724 Sunset Drive. There is plenty of curbside parking as well as two garages and a parking lot. Each session starts with a 5 minute active warm-up. Then participants will follow their group leaders to complete that day's workout.

Our group leaders are veteran runners and walkers with many miles of experience. Each of them will lead one of the pace groups for the length of the program. The pace groups are walking, 1-1, and 2-1. The 1-1 and 2-1 is our jargon of determining the interval. We break up the larger goal of completing the distance into something a lot more manageable. We will run for just 1 minute or 2 minutes. Then, after each of these segments, we all rest by walking for 1 minute. This interval training or run/walk method allows you to focus on just the next 1 or 2 minute run segment.

## FITNESS 101: TAKE YOUR FIRST STEP TO FITNESS



| 2017 PROGRAM FEES – CHOOSE YOUR SESSION(S):   |   |   | \$5.37 Credit Card Handling fee  |
|---|---|---|--|
| <small>Target Event: Tribute to the Military</small><br><b>FITNESS 101.1</b><br>Jan. 9 - Feb. 22<br><br><input type="checkbox"/> \$79 | <small>Target Event: Miami Corporate</small><br><b>FITNESS 101.2</b><br>Mar. 6 - Apr. 19<br><br><input type="checkbox"/> \$79 | <small>Target Events: Waterford &amp; Zoo</small><br><b>FITNESS 101.3</b><br>Sep. 11 - Oct. 25<br><br><input type="checkbox"/> \$79 | <b>TOTAL</b><br><div style="border: 1px solid black; width: 100px; height: 40px; margin: 0 auto;"></div> |

Embrace better health.™

**INTERNAL USE ONLY:**

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

CHECK#: \_\_\_\_\_

### Personal Information

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

Mailing Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Gender: M F      Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_      T-shirt Size: Women's S M L XL XXL      Men's S M L XL XXL      Email: \_\_\_\_\_

Cell Phone Number: (\_\_\_\_) \_\_\_\_\_      Emergency Contact: \_\_\_\_\_      Emergency Contact Number: (\_\_\_\_) \_\_\_\_\_

Mail completed entry form with fee payable by check or money order to:



**TeamFootWorks**  
TEAMFOOTWORKS.ORG

TeamFootWorks  
Attn: Training Programs  
5724 Sunset Drive  
South Miami, FL 33143

## We Make Fitness Fun!

TO PAY WITH A CREDIT CARD PLEASE VISIT:  
TeamFootWorks.org

### WAIVER - REQUIRED

I know that participating in a run/walk event is potentially hazardous. I will not enter and participate unless I am medically able and properly trained. I warrant I am tall and able to safely complete the event. I assume all risks associated with the event, including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and track on the course. All of these risks are known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my entry, I, for myself, and anyone acting on my behalf, waive, release and hold harmless TeamFootWorks, the Road Runners Club of America, all suppliers, all sponsors, and its affiliates, the municipalities in which the event is held, all the aforementioned named parties' respective directors, officers, employees, agents, assigns, representatives and successors and any social or group associated therewith, from and against all claims, damages, liabilities, costs and expenses, of any kind, including reasonable attorneys' fees, arising out of my participation in this event even though that liability may arise out of my negligence or carelessness, and/or the negligence of carelessness of any individual or organization named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, verbal or written statements, or any other record of this event, for any legitimate purpose. I am of legal age, have read this release, fully understand it, and freely agree to all of its terms.

Signature of Applicant

Date

Signature of Parent or Legal Guardian (if applicant is under 18)

Date