



TeamFootWorks

FULL MARATHON TRAINING PROGRAM

Supported by:



Baptist Health South Florida

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

Program Details:

Start Date: Aug 9, 2014 | Start Time: 6:00am
Target Race: Jan 25, 2015 - Miami Marathon

Take your first step toward completing a MARATHON.

How did you hear about us?

- Print, Corporate Run, Referred by, FootWorks Store, WLRN

Join the best Marathon Training Program in the Southeast for 25-weeks of fun, fitness, and friendships. From couch potato to competitor, our customized programs provide you with everything you need to achieve your running, fitness, and life goals.

Orientation for this 25-week program begins Saturday, August 9th at 6:00am with a 30 min. run. Group runs take place at the South Miami Hospital's Education Center (7401 SW 62 Ave.)

TeamFootWorks' staff will be on hand to answer questions at each week's long run. Afterwards there are clinics on running techniques, nutrition, stretching, footwear and more. You will learn about all of the components of having a great marathon experience and maintaining a healthy lifestyle.

Over the past few years, the Marathon program has grown tremendously! Be sure to register in advance to guarantee a spot in the program before it reaches its capacity.

Program Fees Through August 9th 2014 After August 9th 2014

Table with 4 rows: New Members (\$245/\$270), Alumni Participants (\$170/\$195), Baptist Health Employee (New) (\$195/\$245), Baptist Health Employee (Alumni) (\$140/\$170), Employee I.D. field



Program cost does not include race registration fees. You are responsible for securing your entry to the race

\$3.00 Credit Card Processing fee

INTERNAL USE ONLY:

DATE: CHECK#

Personal Information

Form fields for Last Name, First Name, Mailing Address, City, State, Zip, Gender, Date of Birth, T-shirt Size, Email, Cell Phone Number, Emergency Contact

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

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

To pay with a credit card please visit
TeamFootWorks.org



TeamFootWorks

Waiver - Required

Waiver: 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 fit and able to safely complete the event...

Signature of Applicant

Date

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

Date