



TeamFootWorks

HALF MARATHON TRAINING



INTERNAL USE ONLY:

DATE:

CHECK#

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

Last Name: _____ First Name: _____

Mailing Address: _____ City: _____ State: _____ Zip: _____

Gender: M F Date of Birth: ____/____/____ T-shirt Size: S M L XL XXL Email: _____

Cell Phone Number: (____) _____ Emergency Contact: _____ Emergency Contact Number: (____) _____

⇒ **Training Program for Everyone**

Veteran Group Leaders ⇐

⇒ **Interval Training Means you Get to Walk**

Walking Group Too ⇐

⇒ **Just 3 Days a Week**

First-Class Experience ⇐



Our Fall Training program is our largest aiming to complete a January or February 2021 Half Marathon. Typically this program has offered a full or half marathon training option with the target event being our own hometown Miami Marathon. This year, with the uncertainty of events with the pandemic, we will only offer half marathon training (not full). The Miami Half Marathon has not yet been confirmed for January 31, but the A1A Half Marathon (Ft. Lauderdale) has announced their February 14, 2021 date.



The Spring Half Marathon training program begins March 6, 2021. In the past we have targeted local Florida half marathon events (travel expenses and registration for the race are the responsibility of the participant). Last couple of years we finished the program with a 13.1 mile event on our training route in South Miami, finishing at FootWorks. It was a huge hit and everyone loved breaking the finish tape in front of the store. Target event will be determined at the start of the program or shortly thereafter.



The Summer Half Training Program trains participants for the 2021 Miami Beach Halloween Half Marathon. This event marries Halloween, costume themes, and a running event! Each year features a different traditional Halloween character and unique finisher medal. Participants can run in costume and compete in one of several categories like fastest superhero, fastest monster, et al. The Summer Program begins July 10, 2021.

FALL

Half Marathon
Starts Sept 26

Dates: Sept 26 to Jan 31

Target Event:
TBD

☐ **Fee: \$99**
add \$5.97
if paying with CC

SPRING

Half Marathon
Starts March 6

Dates: Mar 6 to May 9

Target Event:
TBD

☐ **Fee: \$99**
add \$5.97
if paying with CC

SUMMER

Half Marathon
Starts July 10

Dates: July 10 to Oct 30

Target Event:
Halloween Half Marathon

☐ **Fee: \$99**
add \$5.97
if paying with CC

BUNDLE!

RUN AND SAVE!

**THREE CONSECUTIVE
PROGRAMS**

Target Event:
ALL THREE!

Fee: \$199
add \$11.96 if paying w/ CC ☐

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



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

☐ Check here if you have you trained with us before!

REQUIRED WAIVER

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. 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 traffic 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 official 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. **I understand there are no refunds, exchanges, or transfers.**

Signature of Applicant

Date

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

Date