



TeamFootWorks

HALF+FULL 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**

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

⇒ **Just 3 Days a Week**

Veteran Group Leaders ⇐

Walking Group Too ⇐

First-Class Experience ⇐



The Spring Half Marathon training program begins February 24, 2024. 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 2024 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 6, 2024.



Our Fall Training program is our largest with over 400 participants aiming to complete the 2025 Miami Half or Full Marathon. Run your hometown and get a unique medal when you cross the finish line. Don't miss the TeamFootWorks Hospitality Village at Bayfront Park; enjoy massages, mimosas, omelettes, and more! Participants training for the Miami Full Marathon will start on September 7th while those training for the Miami Half Marathon start September 28th.

SPRING

Half Marathon
Starts February 24th

Dates: Feb 24 to May 26

Target Event:
TBD

☐ **Fee: \$125**
add \$9 if paying
with credit card

SUMMER

Half Marathon
Starts July 6th

Dates: July 6 to Oct 26

Target Event:
Halloween Half Marathon

☐ **Fee: \$125**
add \$9 if paying
with credit card

FALL

Full Marathon
Starts September 7th

Dates: Sept 7 to Jan 26

Target Event:
Miami Full Marathon

☐ **Fee: \$175**
add \$11 if paying
with credit card

Half Marathon
Starts September 28th

Dates: Sept 28 to Jan 26

Target Event:
Miami Half Marathon

☐ **Fee: \$175**
add \$11 if paying
with credit card

BUNDLE!

RUN AND SAVE!

THREE CONSECUTIVE PROGRAMS

Target Event:
ALL THREE!

choose your fall program

☐ FULL ☐ HALF

Fee: \$250
add \$14 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