

THE RUNNERS' CLUB OF GREATER CINCINNATI PRESENT:

A 5-WEEK BEGINNING TRAINING PROGRAM FOR THE 2010 VALENTINE'S 2 MILE LABOR OF LOVE

1st Session 6:30PM Tuesday, January 12, 2010 Ft. Thomas Armory, Tower Park, Ft. Thomas KY

This **low-key program** will guide the participants who complete the program to be able to complete the Valentine's Labor of Love 2 Mile Run at Northern Kentucky University.

Prerequisites: Beginning runners, individuals getting back into running and those who have been unable to run continuously for more than 20-30 minutes. All shapes, sizes and skill levels are welcome.

Sessions: Participants are expected to run 3 times per week for 5 weeks; two of those workouts are with the group on Tuesday Nights at 6:30 PM and Saturday Mornings at 10:00 AM, while one is on your own or at one of the club group runs.

Program Includes: injury prevention and treatment, running safety, and keeping running fun. Information on appropriate winter running attire will be provided. **INCLUDES ENTRY INTO THE 2010 VALENTINE'S 2 MILE LABOR OF LOVE.**

Cost: \$30.00 for RCGC Members, College Students, and Ft. Thomas Residents.
\$45.00 for the General Public

Registration Instructions: Fill out the form below or register online by January 11. A separate form is needed for each person. Parents must sign for those under age 18. Mail forms by January 11 to RCGC, PO Box 8761, Cincinnati, OH 45208. After that, bring completed forms to the first session that you attend. (Program closes Saturday January 23 or until limit of 30 runners is reached) Make checks payable to RCGC. For information, call Todd Hofacre – 513-451-2587 or cincinnatirunning@gmail.com.

Directions to Tower Park: from I-275 – Take I-471 to Exit #2/SOUTHGATE/FT. THOMAS. Turn Right on Alexandria Pike(US-27 S). Turn Left on Grandview Ave(KY-445). Turn Left on S Fort Thomas Ave(KY-1120). Turn right at the tower. Park by the tennis courts or the Ft. Thomas Community Center. Armory is located next to the VA Medical Center and across from the tennis courts.

2010 RUNNERS' CLUB OF GREATER CINCINNATI
VALENTINES LABOR OF LOVE 2 MILE RUN TRAINING PROGRAM

Ft. Thomas Resident/College Student/Runners' Club of Greater Cincinnati Member: \$30 ____
General Public: \$45 ____

LAST NAME _____ FIRST NAME _____ Birthdate _____

ADDRESS _____ CITY _____ ST _____ ZIP _____

EMAIL: _____ PHONE: _____

WAIVER AND RELEASE: I recognize that participation in running and training may involve certain hazards. I understand that I should not participate unless medically able. I assume the risks associated with involvement in this activity, including, but not limited to, falls, contact with participants, effects of weather, under hydration, over hydration, road and traffic conditions- these risks being known and appreciated by me. Having read this Waiver Release and considering the acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release the Runners' Club of Greater Cincinnati, the Road Runners Club of America, the state of KY and it's subdivisions, Campbell County, and it's subdivisions, all coaches, all sponsors and hosts, and their representatives and successors from any claim of liability arising from my participation in this activity even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

SIGNATURE OF ENTRANT: _____ DATE _____

SIGNATURE OF PARENT/GUARDIAN: _____ DATE _____
(IF ENTRANT IS UNDER AGE 18)