



TRAINING PROGRAM

AFC2011 HALF MARATHON

Run San Diego.org invites you to join a ton of like-minded runners in training for one of the most famous summer races in the entire Southwest - the America's Finest City Half Marathon (AFC Half).

- 12-week training program for intermediate & advanced runners
- Group runs & Track Workouts throughout San Diego county
- Clinics & Seminars by Local Professionals & Supporters
- Discounts, shirts, schwag and other goodies
- Friendly & experienced coaches and staff
- Social events too!

Our goal is to train you properly and have fun while doing! We offer you a proven program that has been extremely successful in San Diego for **over 8 years**. **Come Run with San Diego!!**

REGISTRATION FORM One Form Per Registrant

FIRST NAME		LAST NAME	
ADDRESS			
CITY		STATE	ZIPCODE
EMAIL			
M / F	AGE	D.O.B (MM/DD/YY)	DAY PHONE NO. W/AREA CODE
<input type="checkbox"/> <input type="checkbox"/>	_____	____/____/____	(____) _____ - _____
T-SHIRT SIZE (CHECK ONLY ONE)			
<input type="checkbox"/> XS - EXTRA SMALL	<input type="checkbox"/> S - SMALL	<input type="checkbox"/> M - MEDIUM	
<input type="checkbox"/> L - LARGE	<input type="checkbox"/> XL - EXTRA LARGE	<input type="checkbox"/> XXL - 2XLARGE	
HOW DID YOU HEAR OF US?	REFERRAL BUDDY*	RETURNING MEMBER?	
EMERGENCY CONTACT PERSON			
E.C. PHONE NUMBER		ANY ALLERGIES?	

RELEASE AND WAIVER: I understand that participating in a strenuous program is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I assume all risks associated with running in this program, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, pollution and all such risks being known and appreciated by me. I, for myself, my heirs executors, administrators, successors, and assigns hereby release, waive and forever discharge and hold harmless Run San Diego, Blake Miller, Road Runners Club of America, The City of San Diego and each of, their employees, officers, directors, coaches, agents, representatives, volunteers, sponsors, successors and assigns of and from all claims, demands, damages, costs, expenses, actions and causes of action, whether in law or equity in respect of death, injury, loss or damage to my person or property, howsoever caused, arising out of, by reason of, or during my attendance at or participation in the training program, whether as a spectator, participant, or otherwise and whether or not in consequence of my following any program of diet and/or exercise on the recommendation of any of the aforesaid; whether prior to, during or subsequent to said attendance or participation, even if such claims were caused by, contributed to, or occasioned by the negligence, fault or other conduct of the Run San Diego parties. I give my permission to use my name, photographs or any other media including video or audio for use in publications, websites and news releases without my further written consent.

PARTICIPANT SIGNATURE (ALL PARTICIPANTS MUST BE 18YRS OLD) **DATE**

DETAILS & FEES

INFORMATION

Start..... 5/30/11
 End..... 8/21/11
 Length..... 12 weeks

FEES (Check One)

3/1 - 4/15 \$90.00
 4/16-6/19..... \$100.00

DISCOUNT CODE

AMOUNT ENCLOSED

MAKE CHECK PAYABLE TO:

Run San Diego

MAIL COMPLETED FORM WITH PAYMENT TO:

Run San Diego
 4422 Glacier Ave. Ste. D
 San Diego, CA 92120

or SIGN UP ONLINE

www.RunSanDiego.org

QUESTIONS?:

Call: (619) 840-3572
 Email: info@RunSanDiego.org
 Web: www.RunSanDiego.org

*Learn more about the Referral Buddy plan at RunSanDiego.org/buddy

RunSanDiego is a proud member of the Road Runners Club of America



Learn More or Sign up online at:
www.RunSanDiego.org

Find Us & Get Discounts On

