



RESOLVE TO RUN IN 2017 FOR ARLINGTON THRIVE Registration Form

Training Agenda: The purpose of the training program will be to prepare each participant to compete in a 5k, 10 mile or half-marathon race. For example, the GW Parkway Classic 10 Miler or 5K race takes place on Sunday, April 23, 2017 at 8:00 am. Registration and fees for an official running race are separate.

The **10 Mile training** will run from February 4 to April 15, 2017 and the **5K training** will run from February 25 to April 15, 2017. Trainings are held at Bluemont Park, 601 N. Manchester (corner of Manchester and Wilson) on Saturday mornings beginning at 9 a.m. ***The cost for the Resolve training program is \$85.00 and includes the training, materials and a \$25 donation to Arlington Thrive.***

By participating, you will be supporting a local nonprofit charity, Arlington Thrive. Arlington Thrive delivers same-day emergency funds to our neighbors in crisis, so they can be secure in their jobs, health, and homes and thrive in a caring community. Participants will also be encouraged to raise funds for Arlington Thrive and our neighbors in need. For information about Arlington Thrive, see www.arlingtonthrive.org. Information about fundraising will be provided later.

For new runners: A required orientation will be held on Saturday, Jan. 28 from 10 am to 11 am. Location: First Presbyterian Church, 601 N. Vermont St. Arlington in Room 103.

Training meeting location: Bluemont Park, 601 Manchester St at the corner of Wilson Boulevard in Arlington, VA 22203. At the intersection, enter the Bluemont Park parking lot; we will meet at the pavilion at the far end of the parking lot. Training runs will start at the W&OD Trail 3.5 mile marker.

Coach Denny Pinch is a Certified Personal Trainer with the American Council on Exercise, a Certified Corrective Exercise Specialist with the National Academy of Sports Medicine, and a candidate as a Certified Running Coach with the American Sports and Fitness Association. This training program will use the Jeff Galloway training method to help people of all fitness levels or running experience prepare to complete their chosen race, 5K, ten miler, or half marathon. Participants will learn to include regularly scheduled walk breaks with running to help increase endurance and general overall fitness at a gradual and safe pace. This training method reduces the risk for injury because it reduces the wear and tear on the legs during training sessions. **For More Information:** Contact Coach Denny Pinch at dennypinch@comcast.net or call 703-979-3245.

Please complete and sign the attached registration form and return with check to: Arlington Thrive. P.O. Box 7429 Arlington, VA 22207 or email to Shandra Niswander, Director of Development at niswander@arlingtonthrive.org You can submit the \$85 payment on our website at www.arlingtonthrive.org/donate

DISCOUNTS OFFERED

PACERS RUNNING STORE: Resolve to Run registrants will get a 20% discount at a Purchasing Party at the Clarendon Pacers Running Store. 3100 Clarendon Blvd, Arlington. Once registered for Resolve to Run, you will receive an invitation to a private shopping party at Clarendon Pacers.

GW Parkway Classic RACE: A discounted fee will be offered to GW Parkway Race registrants. Once registered for Resolve to Run, you will receive a promo code to use when you register for the GW race.

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Registration Form

Name _____

Address _____

Phone Numbers (h) _____ (w) _____ (c) _____

Email Address _____

Emergency contact name and phone number _____

Describe your current/recent workout routine.

What has been your longest run in the last two weeks? _____

What are your goals for this training program? _____

Waiver: I know and understand that training for and running a road race is a potentially hazardous activity. I should not train for and enter the race unless I am medically able and properly trained. I assume all risk associated with the training program, including but not limited to: falls, contact with others, the effects of the weather, traffic conditions, the conditions of the roads or trails, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting me as a participant in your training program, I, for myself and anyone entitled to act on my behalf, waive and release Arlington Thrive and anyone associated with Arlington Thrive, Denny Pinch, and Eileen Gould and her heirs, successors and assigns from any and all claims of liabilities of any kind arising out of my participation in this training program and the 10 Miler or 5K race, even though that liability may arise out of negligence or carelessness on the part of the person(s) named in this waiver.

Signature _____ Date _____

RETURN THIS FORM WITH check for \$85, payable to Arlington Thrive.
Arlington Thrive
P.O. Box 7429
Arlington, VA 22207