



## Next Level TRAINING PROGRAM for Born To Run 5 mile on November 23, 2018

### PROGRAM INFORMATION

**What:** 10-week training program  
**When:** September 17 – November 23, 2018  
**Cost:** \$89.50 (register before 9/17); \$94.50  
 (on 9/18 - late registration)  
**Training Days & Locations:**

- Tuesdays in Metuchen at 7:00 PM
- Thursdays in Freehold at 7:00 PM

### PARTICIPANT BENEFITS

- Coach-led Group Training
- Seminars
- Brooks Tech Shirt
- Weekly Emails
- Training Schedule and more!

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Home Address: \_\_\_\_\_

City/Town: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Emergency Contact Phone: \_\_\_\_\_

Gender:  Male  Female      Age: \_\_\_\_\_      Shirt Size (gender specific):  S  M  L  XL

How did you hear about the Next Level 5 Mile Training Program?

Store Newsletter    Social Media    Word of Mouth    Website    Flyer/Poster    Other \_\_\_\_\_

### ONLINE REGISTRATION:

<https://runsignup.com/runners-high-fall-next-level-run-training-program-born-to-run>

**Makes checks payable to:**  
 Runner's High  
*Must be postmarked by September 7,  
 2018*

**Return form and payment to:**  
 5 Mile Training Program  
 c/o Runner's High  
 454 Main St, Metuchen NJ 08840

**Or pay via Credit Card:**  
 Visa    Mastercard    AMEX  
 Credit Card Number: \_\_\_\_\_  
 Expiration Date: \_\_\_\_\_ Security Code: \_\_\_\_\_

I, undersigned, voluntarily waive, discharge and release Runner's High, Born to Run 5 Mile Race and all agencies whose property and/or personnel are used, and other sponsoring or co-sponsoring company(ies), agency(ies) or individual(s) from responsibility for any injuries or damages I may suffer as a result of my participation in the Runner's High Next Level 5 mile training program and related events. I hereby certify that I am in good physical condition and am able to safely participate in this program. I will additionally permit the use of my name and pictures in broadcasts, telecasts, newspapers, brochures, etc. and I also understand that the entry fee is non-refundable and non-transferable regardless of weather conditions, and no make-up classes will be given in the event of cancellation for adverse weather conditions. As a participating athlete I certify that all information provided in this form is true and complete. I have read the entry information provided for the program and certify my compliance by my signature below.

Program registration fees are NON-REFUNDABLE and NON-TRANSFERRABLE after the start of the program with the kickoff meeting as the first session. Prior to the first meeting should you not be able to participate due to injury, illness, loss of job, pregnancy, and/or relocation, a refund will be processed minus any administrative fees incurred.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_