

FEET IN MOTION

Feet in Motion Training Club Membership Application

Name: _____

Address: _____

Phone(s): _____

Email: _____

T-Shirt Size: _____

Birthdate: _____

Membership Fees

___ Three Months - \$99.00

___ Six Months - \$149.00

___ Twelve Months - \$249.00

Acknowledgement: I know that walking, running, cycling and racing are potentially hazardous activities. Before joining this training club, I am taking responsibility for medical clearance and for being physically fit and properly prepared to participate in this type of training. I understand that neither Cathy Myers nor any other Feet in Motion personnel are medical professionals and are offering only information about optional training regimens. I assume all risks associated with running, walking or cycling, including, but not limited to, my own fitness and health condition, falls, contact with other club members, the effect of weather including high heat and/or humidity, traffic and the condition of the road, all such risks being known and appreciated by me. Knowing these facts and in consideration of acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release Feet in Motion, Cathy Myers and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this training club though that liability may arise out of negligence or carelessness by the persons named in this waiver and other organizations. I grant permission to all the foregoing to use any photographs, motion pictures, recordings or any other record of my participation in this training program for any legitimate purpose.

Signature: _____

Date of Signature: _____

For office Use Only:

To help you achieve your goals, some information about your running experience and goals is needed:

Have you been running/walking regularly?____ If so, weekly mileage: _____

If not, have you been participating in another form of exercise? What type and how much?

What do you want to achieve in the next six months? _____

Do you want to train for a specific event? If so what? _____

Have you participated in this type of event and distance before? _____

If so, when and what was your time? _____

What are your long-terms goals? _____

Have you run a 5k in the last six months? _____ **What was your time?** _____

Is there anything that should be taken into consideration when preparing your personalized training schedule? (Other scheduled activities, injuries, etc.)

Do you know anyone else participating in this training club? _____

If so, who? _____

How did you hear about Feet in Motion? _____

For Additional Information:

Cathy Myers
972-373-9776 or 817-691-9862

cathy@feetinmotion.com

www.feetinmotion.com