



21st ANNUAL SPRING BEGINNER'S CLINIC

AGES 16 AND UP

Learn to run with the River City Runners!

Ten weekly sessions on Tuesday evenings

6:00 pm at the City Park

April 1st through June 3rd, 2008

Each session begins with speakers giving short talks on running topics such as proper shoes, effective stretching, appropriate running distances, etc. Scheduled speakers include a coach, cardiologist, nutritionist, shoe expert, physical therapist, podiatrist and chiropractor plus other experts.

Come join an exercise program that will "add life to your years!"

Clinic Director, **Dale McMahan** will be assisted by Kecia Garner this year, to lead the clinic through ten weeks of training. members of the **River City Runners Club** will be available to run and answer questions.

The goal at the end of ten weeks: 5K (3.1 miles)

QUESTIONS? Dale McMahan: damcmh@aol.com (304) 863-8405

Kecia Garner: (304) 295-0320

FEE: \$10.00 PER PERSON INCLUDES TRAINING SCHEDULES AND A MEMBERSHIP IN THE RCRC THROUGH DECEMBER 31, 2008

Make checks payable to: River City Runners, PO Box 4496, Parkersburg, WV 26104

There will be a \$5.00 Service Charge on all returned checks.

BEGINNER'S CLINIC REGISTRATION FORM

NAME _____ BIRTHDATE _____

ADDRESS _____ TELEPHONE _____

CITY, STATE, ZIP _____ MALE _____ FEMALE _____

Waiver of Liability: In consideration of the acceptance of this application, I hereby for myself, my executors, and administrators, waive any and all claims for damages I may have against the River City Runners Club, the City of Parkersburg, and sponsors, for any injuries suffered by me in connection with said running sessions and covenant not to sue. The undersigned document serves notice that I have been warned I must be in good health to participate in this clinic. I acknowledge I have read and fully understand my own liability and accept the restrictions.

Signature _____ Date _____

Parent's or guardian's signature _____

IF YOU'RE UNDER 18

**Registration form must be brought to the first session
co-signed by a parent or guardian.**



BOYS & GIRLS FREE RUNNING CLINIC

AGES 10 THROUGH 15

Learn to run with the River City Runners!

Ten weekly sessions on Tuesday

6:00 pm at the City Park

April 1st through June 3rd, 2008



Each session begins in the City Park along with the Adult Beginner's Clinic, listening to a guest speaker and then (with your own group) warm up stretches. Experienced runners from the **River City Runners** will be in charge of the sessions. A training goal of two miles will prepare you for racing and, more importantly, encourage physical fitness by making running part of daily life. At the end of ten weeks, participants will have the option to join the **River City Runners Club**.

Children that are not beginners and can run two miles have the option of running with the adult clinic.

Registration form must be brought to the first session co-signed by a parent or guardian.

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Signature _____ Date _____

Parent's or guardian's signature _____