Traverse City In Training, LLC. presents

Bayshore In Training

2018

What: 18 week training class designed to prepare runners to run the Bayshore Marathon, Half Marathon or 10k. The goal of this program is to help runners achieve their personal goals for the 2018 Bayshore races. Runners will receive education and tips on all aspects of running including training, gear, nutrition, mental preparations, and so much more.

When: Kick off Meeting- SUNDAY January 21st 2018 3:30pm at the DOWNTOWN Running Fit in Traverse City. This is a chance to meet your coaches and teammates, ask questions, and receive your 2018 training plan. Weekly group runs will take place TUESDAY nights at 6pm and Saturday mornings at 7:30am. Group training runs will take place at various locations throughout Traverse City (participants will be notified for meeting locations prior)

Program cost- New members: $120, TCTC Members: $105
Returning Members: $100
+ $30 additional cost of a hooded sweatshirt if desired

Program costs include weekly training runs, training materials, full training schedule, and group coaching
*runners unable to complete the 18 week program for any reason and at any point during the program **will not receive a program cost refund**
*this program is for those runners **18+ years old**
*cost **does not include or guarantee race registration**. Race registration is to be done on your own and are separate from this program registration.

Checks or Cash can be mailed with this form to
Traverse City In Training LLC
11226 S W Bay Shore Dr
Traverse City, MI 49684
Check payable to Traverse City In Training LLC with Bayshore In Training in the memo line

Questions? Email Coach Alison and Diane at bayshoreintraining@gmail.com

Name_____ Email Address_____

Mailing Address:_____

Phone Number_____ Birth Date/Age_____

Emergency Contact (Name and Phone Number)_____

Race: ____ Bayshore Full ___Bayshore Half ___other (please indicate race_____)

Indicate TeeShirt Size (gender specific)_____ Indicate Sweatshirt size if purchased(unisex):_____

WAIVER AND RELEASE OF LIABILITY

I, the undersigned, in consideration of my participation in the Traverse City in Training LLC, Bayshore Training Program operated by the, hereby certify the following:

I understand that participating in a running program involves certain risks, including, but not limited to, falls, contact with other participants, the effects of weather, traffic, conditions of the road, the possible reckless conduct of other participants and other risks, known and unknown, which may result in property damage, serious personal injury or death. All stresses and hazards associated with this activity/program cannot be foreseen. I am voluntarily participating in the program with knowledge of dangers involved and hereby agree to accept any and all inherent risks or property damage, personal injury or death. **I am participating in the program at my own risk and I am aware and understand that I am responsible for my own safety**.

I represent that I have no health or physical problems that will prevent or interfere with my ability to participate in the program, or cause be detrimental to my health or safety. I hereby acknowledge that the coaches have advised me to **obtain a physical examination from a doctor before participating in the Traverse City in Training LLC training program.**

I agree to abide by all policies and procedures of the training group with respect to the training and my participation in the Bayshore In Training program, and I hereby acknowledge that I have been provided with or been made aware of such policies and procedures. I understand and agree that any policies and procedures may be changed by the Traverse City in Training LLC coaches with or without notice and Traverse City In Training LLC reserves the right to deny or terminate my participation in the Bayshore In Training program at any time for any reason, in Traverse City In Training's sole discretion.

I understand and agree that the Traverse City in Training LLC is not responsible for any loss of property, injury or death which may occur during the Program, wherever, whenever or however the same may occur, including owing to ordinary negligence on the part of the Traverse City In Training, its agents, volunteers, directors, officers or employees, and I assume full responsibility for any such injuries, damages or losses that may occur at the Race.
I hereby consent to the use by Traverse City In Training LLC, and its agents, assigns and licensees, of my name, photo, likeness or film, videotape and/or sound recording of me, to promote the Race or for any other proper purpose and in any manner, in the sole discretion of Traverse City In Training LLC. I expressly disclaim all rights to all values and benefits the Club may gain through the use of such information.

I UNDERSTAND AND ACKNOWLEDGE THAT TRAVERSE CITY IN TRAINING LLC HAS NO duty TO PROVIDE me with MEDICAL TREATMENT. I further understand and agree that I am financially responsible for any medical TREATMENT that I may receive before, during or after the race, AND I HEREBY RELEASE THE CLUB, AND ITS AGENTS, DIRECTORS, OFFICERS, VOLUNTEERS AND EMPLOYEES FROM ANY LIABILITY, FINANCIAL OR OTHERWISE, FOR ANY SUCH MEDICAL TREATMENT THAT I MAY RECEIVE.

I for myself, my heirs, executors, personal representatives, successors and assigns agree to release, discharge, defend, hold harmless and indemnify Traverse City In Training LLC, and its officers, directors, employees, committee members, affiliates, agents, servants, successors, assigns, sponsors and representatives, including grand traverse county, the city of traverse city, peninsula township, Northwestern Michigan College and Traverse City Area Public Schools, of and from any and all claims, actions, causes of action, demands, rights, damages, costs, loss of service, expenses and compensation whatsoever which may arise or in the future accrue on account of or in any way growing out of any and all known and unknown, foreseen and unforeseen, bodily and personal injuries, property loss or damage, or the consequences which result from or in any way relate to my participation in the training program, including any claims RELATED TO COURSE DESIGN OR CONDITION, WEATHER, THE ACTS OF SPECTATORS OR OTHER PARTICIPANTS, OR that are based on the ordinary negligence on the part of the Traverse City In Training LLC, its agents, volunteers, directors, officers, employees or other parties named above.

I HAVE READ THIS DOCUMENT BEFORE SIGNING IT AND FULLY UNDERSTAND ITS CONTENTS. I AFFIRM THAT I AM OF LEGAL AGE TO SIGN THIS DOCUMENT AND I AM SIGNING IT VOLUNTARILY AND WITHOUT INDUCEMENT.

Signed:_____Dated:_____