



Presents

Hill Training March 2010

Yes, the hills are alive with training benefits.

Some runners avoid hills because they can cause injuries and they're, well hard. Time to reconsider. Running hills will improve your strength, endurance and speed.

"Start Right Fitness' Hill Training Program" is a 4-week running program that will help you become a stronger runner and take minutes off your race time by learning to run hills the correct way.

The weekly workouts include drills, pick-ups, pace work, and strength training. The program accommodates runners of all abilities who are running on a regular basis. It's a great way to improve your running before racing season starts while enjoying the camaraderie of your fellow athletes.

Hill Training Program

WHEN: Saturdays from 9 a.m. to 10:30 a.m. starting March 20, 2010 and continuing until April 10, 2010.

WHERE: Lake Accotink Park located at 7500 Accotink Park Road in Springfield, Virginia. Participants and coach meet at the end of the parking lot by the dam.

SUPPLIES: Each participant needs to bring a filled water bottle that attaches to their body and a digital watch.

COST: The \$50 cost is a one-time, non-refundable fee. Please fill out this registration form and submit with check made payable to **Start Right Fitness LLC**.

For more information or questions, check www.startrightfitness.com or contact Coach Carla at cgregor@cov.com

Training Program Application March 2010

Name: _____ Age: _____

Street: _____

City: _____ State: _____ Zip Code: _____

Phone (day): _____ (evening) _____

Email Address: _____

Waiver Must Be Read and Signed:

I know that running can be a potentially hazardous activity. I should not participate in the Start Right Women's Fitness Program unless I am medically able and have consulted with my physician. I agree to abide by any decision of the Coach or her designee relative to my ability to safely complete each session. I assume all risks associated with running including, but not limited to: falls, contact with other participants, the effects of the weather, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, I, for myself and anyone entitled to act on my behalf, waive and release the Start Right Women's Fitness, the coach or her designee, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in any and all of these weekly coached workouts even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I hereby grant to Start Right Women's Fitness Program, the Coach or her designee the non-exclusive, royalty-free right and license to use my name and likeness for advertising, commercial and/or publicity purposes.

Signature _____ Date _____

Program Cost: \$50

Please make check payable to "Start Right Fitness LLC" and mail to:

Start Right Women's Fitness Program
c/o Carla Gregor
P. O. Box 151383
Alexandria, VA 22315