



The Charlottesville Track Club
and
The University of Virginia Department of Urology
present

Men's Four Miler Training Program
Zero to Hero in Ten Weeks

A 10 week professionally supervised and coached program designed to help guide out-of-shape males to a healthier lifestyle...

The Training Program will meet as a group every Saturday at the U.Va. Track starting at 9:00 am on September 26, 2009.

For more information call 434-293-3367 or visit the Charlottesville Track Club web site at http://charlottesvilleclub.org/

Mail your application (and a \$15 donation - checks made out to Charlottesville Track Club) to: CTC - M4MTP, P.O. Box 495, Charlottesville, VA 22902

Name:
Mailing Address:
City: State: Zip:
Phone #: Email: Age:

WAIVER: MUST BE SIGNED BY PARTICIPANT AND BY PARENT OR GUARDIAN IF UNDER 18

I know that running in Charlottesville Track Club races and training programs are potentially hazardous activities. I should not enter and run in club activities unless I am medically able.

Signature: Date:

Parent's signature (if under 18): Date: