



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

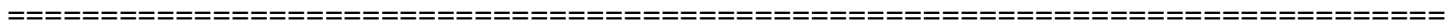
Men’s Four Miler Training Program
“Zero to Hero in Ten Weeks”

A 10 week professionally supervised and coached program designed to help guide **out-of-shape males** to a healthier lifestyle, a new level of fitness and the successful completion of the Charlottesville Men’s Four Miler foot race on December 6, 2008.

The Training Program will meet as a group every Saturday at the U.Va. Track starting at **9:00 am on October 4, 2008**. During the training, men will focus on making exercise a regular part of their lives. There will be short weekly talks on proper running, various health issues facing men, and professionally coached training runs appropriate to all levels of fitness.

For more information call **434-293-3367** or visit the Charlottesville Track Club web site at <http://charlottesville-track-club.org/>

Mail your application (and a \$15 donation – checks made out to “Charlottesville Track Club”) to:
M4MTP, 3 Elliewood Avenue, Charlottesville, VA 22903



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. I agree to abide by any decision of Charlottesville Track Club officials relative to my ability to safely complete any run or training program. I assume all risks associated with these activities including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release the Charlottesville Track Club, Road Runners Club of America, all sponsors, their representatives and successors from all claims or liabilities of any kinds arising out of my participation in any club activities even though liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I also grant permission to for the foregoing to use any photographs, motion pictures, recordings, or any other record of Charlottesville Track Club events for any legitimate purpose.

Signature: _____ Date: _____

Parent’s signature (if under 18): _____ Date: _____