



APPLICATION

Belleville Running Club

Couch To 5k

Training Program



The **Couch to 5k (aka Beginner’s 5K Training) Training Program** is sponsored by the Belleville Running Club (BRC) to help individuals “ease” into a running program. BRC has outlined a program for individuals of all athletic levels to run three miles or 5K on a regular basis within two months.

The BRC was organized in 2005 with a goal of assembling runners of all levels to share the often mundane task of the “long run.” BRC’s overall mission is to promote the sport of running in the community. BRC also participates in the community and meets regularly for group runs.

Contacts: “Coach” Evan (618) 401-0879 Dan Trapp (618) 420-9743
“Coach” Dewey (314) 707-8938 Toby Trapp (618) 407-5765
Susan Barsaloux (618) 304-5383

In consideration for allowing me to participate in the 2017⁶ Couch to 5K Training Program presented by the Belleville Running Club (hereafter referred to as “BRC”) and held at the Belleville East High School Track, Belleville, IL and/or at other locations, I hereby take the following actions for myself, my heirs, executors and administrators, or anyone else who might claim or sue on my behalf: (a) in connection with the event, I forever release, acquit and discharge from all known obligations, losses, damages, liabilities, injuries, claims, demands, action, causes of actions and expenses, including without limitation, attorney’s fees and costs, the following persons or entities: the BRC members, sponsors, event producers, and volunteers; the BRC; Chiro-Med; Belleville East High School; the City of Belleville, Illinois; and the officers, directors, employees, staff, representatives and agents of the above. (b) I acknowledge that I am aware of the inherent risks in participation in an athletic event of this type. (c) I attest and verify that I am physically fit and have not been advised against participation in the event by a qualified health professional. (d) I hereby grant full permission to any and all of the foregoing to use my name, my voice, and or my picture in any broadcast, telecast, advertising, promotion or other account of this event for any purpose whatsoever.

By my signature below, I affirm that I am either: a participant in the 2016⁷ Couch to 5K Training Program and that I am eighteen (18) years of age or older, that I have read this agreement, that I understand its contents and that I intend to execute it; OR, the natural parent or legal guardian of the participant under eighteen (18) years of age whose name appears on the registration, that I have legal capacity to act on behalf of the named minor, that I have read the attached this agreement, that I understand its contents and that I have executed the agreement on behalf of the named minor.

Please PRINT the information below and include a check (or cash) for \$30 (Law Day run entry and C25k Program) or \$10 (only C25k Program):

Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Phone: _____ T-Shirt Size: _____ Age: _____
Email: _____ Sex: _____
Referred by (BRC member name): _____
Emergency Contact Name: _____ Emergency Contact Phone: _____

Participant’s Signature _____ Date _____
Name of Minor Participant _____ Signature of Legal Guardian of Minor _____ Date _____

below for Belleville Running Club use

Paid (\$10) Paid (\$30) Cash or Check (circle)

Please make all checks out to “Belleville Running Club”. You may return this application at the Informational Meeting, one of the training sessions, or you may mail it to: Belleville Running Club, 108 North Jackson St, Belleville, IL 62220



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Law Day Run Waiver

This waiver is only needed by those who purchased a Combo deal of the Law Day Run entry and The Couch 2 5k Training Program.

Mandatory Waiver (All participants must sign): I know that walking/running/wheelchair cycling is a potentially hazardous activity and I should not enter this event unless I am properly trained, medically able and take into account any pre-existing medical conditions. I assume any and all risks associated with this event including but not limited to: falls, contact with participants or traffic, the effects of weather, and road conditions, 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 entry, I, for myself and anyone entitled to act on my behalf, waive and release the St. Clair County Bar Foundation, St. Clair County Bar Association, Law Day Run Committee, Law Day Run Course Director, Land of Lincoln Legal Assistance Foundation, Inc., YMCA of Southwest Illinois, The Roho Group, Big River Running Stores, City of Belleville, St. Clair County, St. Clair County Legal Auxiliary, its sponsors, members, directors, volunteers, employees and all other organizations and persons connected with this event. They are not to be held liable or responsible for any injuries which I may suffer while taking part in this event or as a result thereof. I hereby waive any claim for injuries/damages to my person or property. I grant full permission for organizers to use photographs, videotape or motion pictures of me, and/or quotes from me in a legitimate manner in the promotion of this event. No refunds are available. Event held rain or shine. T-shirts are not guaranteed for late registrants.

Signature _____ Date _____

(Those under 18 must have this form signed by a parent or legal guardian)