



Training for a 5K/10K the Gazelle Way

This training program is designed to help runners improve running form, strength, speed, endurance, and flexibility, while preparing for 5k and 10k races. The group meets three times a week Monday, Wednesday, and Saturday, with a structured stretching session after each workout. Workouts include hills, circuit training, long and short interval training, tempo runs, fartlek, and long runs. Group meets Monday and Wednesdays at 5:15PM and Saturday mornings. Training class benefits include expert coaching, group camaraderie and support, free session at a gym to learn proper weight training in combination with running workouts, and a 15% discount at all Runtex stores.

START DATE: First Monday of Every Month
LENGTH: One Month
FREQUENCY: Mon/Wed at 5:15pm, Saturdays
PRICE: \$80/first month, \$65/month thereafter
LOCATION: RunTex Riverside, 422 W. Riverside Dr.
CONTACT: Gilbert Tuhabonye
info@gilbertsgazelles.com
512.472.3254 ext. 261

REGISTRATION FORM

First Name: _____ Last Name: _____
Address: _____
Age: _____
City: _____ State: _____ Zip: _____
Home Ph: _____ Work Ph: _____
Email: _____ Gender: M F
Start (Circle one): Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

Pay online at GilbertsGazelles.com Or attach Cash or Check made payable to: **Gilbert Tuhabonye**

WAIVER

In consideration of this entry, I hereby release Gilbert Tuhabonye, RunTex, the officials of this program and any and all groups, people, and facilities connected with the 2009 Gilbert's Gazelles Training Group for any and all injuries incurred to me or by me or any acts or omissions by any organization, or individual that take place during said program. I further certify that I am physically able to participate in this program. I hereby grant full permission to any and all of the forgoing to use any photos, videotapes, motion pictures, and recordings or any record of this program.

Signature: _____ Date: _____
(Parent or guardian if under 18)