



Friendly Gazelles

Come join other friendly runners for a program which focuses on form, biomechanics, strength and endurance. This training program focuses on the biomechanics, strength & endurance which form the basis for the Gazelles training program philosophies. Gilbert Tuhabonye believes that by transforming an athlete's biomechanics, running becomes a joy and the likelihood of injury is significantly limited. Gilbert brings his running and life experience to the training in an educational & inspiring format that stresses his love and commitment to the sport. Sessions take place each Monday and Wednesday. Participants have the option of choosing between 7:30AM and 9:15AM. Each Saturday the group meets for a long run with a bonus stretching session afterwards.

START DATE: First Monday of Every Month
LENGTH: One Month
FREQUENCY: Mon/Wed at 7:30am or 9:15am, 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)