



Beginner Gazelles 2010

The fastest gazelles in the wild start with slow, uncertain steps. Just like true gazelles, the fastest runners must also start out on a solid, steady course to perfection. Classes focus on mastering the running fundamentals required to kick start your running prowess. Gilbert Tuhabonye's coaching staff will introduce drills and other techniques to put you on the fast track, focusing on the biomechanics, strength & endurance which form the basis for the Gazelles training program. Gilbert 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. Join other beginners as we pursue the joy of a healthy running lifestyle. Classes meet Monday and Wednesday. Participants have the option of choosing between a morning or evening time slot: 6:00-7:00am or 5:15-6:30pm. Each Saturday the group meets for a long run with a bonus stretching session.

START DATE: First Monday of each month

LENGTH: Length

FREQUENCY: M/W 6:00 am or 5:15 p.m.; ALL Saturdays 7:00am

COST: \$80 first month, \$65 recurring

LOCATION: RunTex Riverside, 422 W. Riverside Dr.

****INFORMATION SESSIONS 4TH SATURDAY OF EVERY MONTH AT RUNTEX ****

Highlights

- Monthly programs
- 3 groups meetings per week with bonus stretching session on Saturdays
- Customized training calendar tailored to your needs and ability
- 15% discount at all RunTex locations
- 3 Free Boot Camp classes per week
- On-site physical therapists

REGISTRATION FORM

First Name: _____ Last Name: _____

Address: _____ Age: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Work Phone: _____

Email: _____ Shirt Size: S M L XL Gender: M F

Attach Cash or Check made payable to: **Gilbert's Gazelles**

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 RunTex 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: _____