



Gazelles Boot Camp

Local Masters runner and experienced trainer Richard Mendez is teaming up with Gilbert this summer to offer a demanding yet fun boot camp designed especially for runners and runners-to-be. The program will work on your core muscles, balance and strength with a mix of new drills and well-known exercises. Training in this way will improve your running by developing the muscles overused and overworked during running. Other benefits include weight loss and injury prevention, plus discounts at Runtex, Betty Sport, 1379 and Rogue.

Class is limited to first 40 people.

START DATE: Oct 6th

LENGTH: 1 month

FREQUENCY: Mon 5:30am, Wed 5:30pm

PRICE: \$60 per month

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 Phone: _____ Work Phone: _____

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

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 2008 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: _____

(Parent or guardian if under 18)