



This one month training program focuses on biomechanics, strength & endurance and is geared to all levels of runners. The coach for this program is Gilbert Tuhabonye an Olympian and NCAA All-American, who 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 Tuesday and Thursday. Currently, only the evening time slot of 5.30-6.30pm is available (unless given special permission to attend morning class at 5:45am). Each Saturday the group meets for a long run with a bonus stretching session afterwards.

**START DATE:** First Tuesday of Every Month

**LENGTH:** One Month

**FREQUENCY:** Tue/Thur at 5:45am or 5:30pm, Saturdays

**PRICE:** \$80/first month, \$60/month after (\$65 if paid online)

**LOCATION:** RunTex Riverside, 422 W. Riverside Dr.

**CONTACT:** Gilbert Tuhabonye  
gilbert@gilbertsgazelles.com  
512.472.3254 ext. 261

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## 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

Start (Circle one): Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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)