



## High School/Middle School Gazelles Training Group

Join other young athletes in this fun, yet demanding, training group designed to take runners to the next level. Whether your focus is on sprints, middle distance, or longer distance, this class provides a bridge between the track and cross country seasons, helping you develop speed, strength, endurance and an increased knowledge of running. Runners age 12-18 years old are welcome, though space is limited. Coached by NCAA champion Bernard Manirakiza, runners will learn proper methods and mechanics during their training sessions, using the following techniques: speed enhancement, interval training, endurance training, agility drills, nutrition advice and more.

\*\*\*Registration is limited so we can give you personal attention. \*\*\*

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

**LENGTH:** One Month

**FREQUENCY:** Mon/Wed 5:15pm, Sat 7:30am

**PRICE:** \$100/month

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

**CONTACT:** Gilbert Tuhabonye  
info@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 2009 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)