

RUN FARTHER, FASTER

RIDE THE WAVE 2008

*Intermediate Training Program for the
Lake Run, May 3rd, 2008*

***Thursdays 2/21 through 5/1 @
5:30pm***

*Meet at White Oak Community Room
@ White Oak Park, Bloomington*

RUNNER PROFILE & REGISTRATION

NAME _____

ADDRESS _____

EMAIL ADDRESS: _____

DATE OF BIRTH ____/____/19____

Number of years running: _____

Lake Run distance you are planning to run:

7K or 12K

Have you participated in Ride the Wave
previously? Yes No Years: _____

Lake Run 2008 GOALS

Have you run the Lake Run previously?
Yes No

If so, when was the last
time? _____

Have you previously run the Lake Run
distance that you want to run in 2008?

Primary goal for RtW:

Increase distance Increase speed

YOUR LAKE RUN 2008 GOAL (Circle One)	
LOOP: 4.37 Miles Goal Pace _____	LAKE: 12K Goal Pace _____
CURRENT PERFORMANCE (If you haven't raced, then please include your current training pace)	
DISTANCE	PACE PER MILE
5K (3.1 mile)	
7K (4.37 Mile)	
10K (6.2 Mile)	
12K (7.5 Mile)	

RECENT TRAINING:

Did you run last year?

Yes No

How consistently did you run last year?

Not very Somewhat Very

Have you run over the winter?

Yes No A Little

Will you be able to run 2- 3 miles non-stop
by the end of February?

Yes No

If so, at what pace? _____

Please list injuries, medical conditions,
medications: _____

LRC membership is required. If you
are not a current LRC member, please fill
out an LRC membership form and send
it in with the RtW application.

<http://www.lakerunclub.org/FormJoin.pdf>

PRICING	
\$50.00	Includes instruction, singlet, and Lake Run race entry & shirt. (Price includes a discount for existing LRC members)
\$65.00	Includes instruction, singlet, Lake Run race entry & shirt, AND LRC membership.
Subtract \$15 if you do not want a 2008 shirt.	
Write NON REFUNDABLE check to "Lake Run Club". Send check and completed form to: Tom Arbogast 2211 Holbrook Drive Normal, IL. 61761 Questions? Call 309-452-2193	

Shirt Size (circle one): S M L XL

In consideration of the foregoing, I for myself, my executors,
administrators and assignees, do hereby release and discharge
the Lake Run Club and other sponsors and supporters for all
claims and damages, demands, actions, whatever in any
manner arising or growing out of my participation in the Ride
The Wave (RtW) training program. I attest and verify that I have
full knowledge of risk involved in this event and I am physically
fit and trained to participate in this event.

Signature _____

Date _____

Guardian's signature for runners under 18 years old