

# Runner's Alley

104 Congress Street  
Portsmouth, NH 03801

36 Hanover Street  
Manchester, NH 03101

## Seacoast Half Marathon Training Program

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

E-Mail: \_\_\_\_\_

Contact in Emergency: \_\_\_\_\_

Phone #: \_\_\_\_\_

### Recent/Past Exercise Experience (Please describe)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**So why running?** We'd love to know what made you want to try! It can help us understand your motivation to get out and beat feet!

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**What can we do to make this group experience a great one for you? We invite ideas!**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**T-shirt Size** (check one):     Small     Medium     Large     X-Large

**Please Check:** 5k Group (\$59.00) \_\_\_\_\_ 10k Group (\$79.00) \_\_\_\_\_

**Waiver:** I know that running can be a hazardous activity, and that I should not participate in this program unless I am medically able and properly prepared. I assume all risks associated with this program. I release Runner's Alley and any other sponsors of this program from any and all claims and liabilities of any kind whatsoever.

\_\_\_\_\_  
(Signature)