




Galloway Training Program 2008

All Levels Welcome



The Official Training Program for 26.2 with Donna
Come Join Us – You Can Do It!

This unique, low mileage program consists of two 30 – 45 minute runs per week and a longer (group) run on the weekend. The long runs feature Jeff Galloway’s run-walk-run method, proven for all levels – beginners to age group winners. **For more information and to register online, please visit www.jeffgalloway.com. Race registration is not included.**

Membership Benefits:	Program Fees:
<ul style="list-style-type: none"> ▪  Subscription for Marathon Training members ▪ Personalized training program/schedule to lead you to your goal ▪ Weekly Saturday pace group runs – rain or shine! ▪ Jeff Galloway’s book THE NEW MARATHON, the most comprehensive book on training for 26.2 ▪ Direct Email connection to Jeff Galloway ▪ A training journal to record your training and to analyze progress ▪ Running, nutrition, shoe and apparel clinics ▪ Official program coolmax t-shirt to wear with pride! ▪ Discounts at Jeff’s Tahoe Retreats and Running Schools ▪ Other Galloway groups to train with when you’re visiting other cities ▪ Lots of support and camaraderie! ▪ We truly RUN WITH DONNA! 	<p>Getting Started! For beginners: Marathon Start date: 6/7/08 ½ Marathon Start date: 8/16/08 Alumni: \$69.00 New: \$89.00</p> <p>Marathon Training: Start date: 7/26/08 Alumni: \$99 New: \$159</p> <p>Half Marathon Training: Start date: 10/25/08 Alumni: \$79 New: \$99</p>

Waiver/Release: I know that walking, running, and road racing are potentially hazardous activities. By entering this program, I am taking responsibility for medical clearance and for being physically fit and properly trained to participate in this program. I agree to abide by any decision of program officials relative to my ability to safely complete the training program. I assume all risks associated with running, but not limited to my own fitness and health condition, falls, contact with other participants, the effects of weather including high heat and/or humidity, traffic, and the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting my application, I for myself and anyone entitled to act on my behalf, waive and release Phidippides Runners, JFG Ltd., Galloway Productions, Jeff Galloway, The RRCA, Runners World, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this program though that liability may arise out of negligence or carelessness of the persons named in this waiver and other organizations. I grant permission to all the foregoing to use any photographs, motion pictures, recordings or any other record of this program for any legitimate purpose. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals, and radio headsets are not allowed in this event and I will abide by this guideline.

(Please Write Legibly)

Signed _____ Date ____/____/____

Print Name _____

Birthdate ____/____/____ Male _____ Female _____ T-Shirt Size _____

Email Address _____

Address _____

City _____ State _____ Zip _____

Phone Number _____ - _____ - _____

Emergency Contact _____

Emergency Contact Phone Number _____ - _____ - _____

Checks, Master Card and VISA only please. Make checks payable to JFG. Galloway Productions /Attn: TP / 4651 Roswell Road, I-802 / Atlanta, GA 30342 / 404-255-1033 / Fax: 404-252-3971 / E-Mail gallowayprod@mindspring.com / Website: www.jeffgalloway.com

Amount Paid \$ _____ New To Program _____ Alumni _____

Credit card # _____

Expiration Date ____/____ Name imprinted on card _____

For Office Use Only: BK _____ SMU _____