



# Glendale's Downtown Dash 5K Training Program Registration

Make \$30 check payable to **The Healthcare Foundation at GAMC** (put Dash in the memo line). Bring your check and application form to the Sunday training. Call 818-437-5523 for training program details.

<b>FIRST NAME</b> _____		<b>LAST</b> _____	
<b>E-MAIL ADDRESS</b> _____			
<b>STREET ADDRESS</b> _____			
<b>CITY</b> _____		<b>ZIP</b> _____	<b>HOME PHONE</b> _____
<b>CELL PHONE</b> _____		<b>BIRTH DATE</b> _____	<b>GENDER</b> _____
<b>Emergency Contact Name:</b> _____			<b>Phone</b> _____

**EXPERIENCE LEVEL: Keep in mind that 5K is equivalent to 3.1 miles.**  
*We are committed to the success of ALL walkers and runners regardless of experience or fitness level. Tell us about yourself so that we can train you at the appropriate pace and level.*

**I plan to** \_\_\_\_\_ **WALK ONLY** \_\_\_\_\_ **WALK & RUN** \_\_\_\_\_ **RUN ONLY**

**The longest I have ever run is:**  
 \_\_\_\_\_ less than a mile \_\_\_\_\_ 1-3 miles \_\_\_\_\_ 4 –6 miles \_\_\_\_\_ over 6 miles

**The number of 5K races I've completed is:** 0 \_\_\_\_\_ 1 \_\_\_\_\_ 2-5 \_\_\_\_\_ more than 5

**My average 5K pace is:**  
 \_\_\_\_\_ No idea \_\_\_\_\_ 12+ min/mile \_\_\_\_\_ 10-11 min/mile \_\_\_\_\_ < 10 min/mile

**I want to improve my pace to: (answer only if you are sure of your goal pace)** \_\_\_\_\_

**Code of Conduct:** *Violation of Downtown Dash's Code of Conduct is grounds for termination of training.*

- Respect the age, race, religion, ethnicity, gender and sexual orientation of others.
- Control your conduct during training activities to ensure the safety of others

**WAIVER OF LIABILITY**

I certify that I am at least 13 years of age and that I voluntarily participate in Glendale's Downtown Dash Training Program activities.

In consideration of my application, I for myself, my heirs, executors, administrators and assignees, waive and release any and all rights and claims for damages I may have or which hereafter accrue to me against the sponsors of the Downtown Dash and any and all individuals and groups involved in coordination of workouts including, but not limited to, the officers, directors, employees and agents for Glendale's Downtown Dash Committee, the Downtown Dash Training Program, All About You! Wellness BootCamp and others involved in the Downtown Dash, as well as their representatives, sponsors, successors, and assignees for any and all injuries suffered by me in said events. Nor are any of the above responsible for loss of personal items. I attest and verify that I am physically fit and have sufficiently trained for the workout schedule into which I am entering, and a licensed medical doctor has verified my physical condition. I understand that emergency contact information is not accessible during training or race events.

I hereby give organizers of Glendale's Downtown Dash Committee, the Downtown Dash Training Program, and All About You! Wellness BootCamp, the permission to use my image in any photos or videos that are taken at events for the Downtown Dash and its Training Program and used therein on the website or on any other promotional items.

**Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**Print Name** \_\_\_\_\_

*If under 18, guardian's signature* \_\_\_\_\_ **Guardian's Name** \_\_\_\_\_