



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SET A NEW RUNNING GOAL AT THE YMCA!

Fall 2019 Running Groups DICKENSON FAMILY YMCA

Who says running can't be fun? Are you new to running and need some training? Have you been running for a while and need a new goal or some accountability? Let's learn how to run injury-free and be as safe as possible—all with a group and a training coach/trainer who will encourage you. We offer Couch to 5K for novices; for those who want a little more, 5K to 10K. We will also be offering time trials once a month. Start your Fall Fitness plan off right and sign up now!

- Cost: \$120 for members, \$140 for non-members (Payment plans available)

WHEN: starts the week of Sept. 23

*Class confirmation subject to at least a 6-person enrollment

- Beginning week of 9/3/19: Tues/Thurs at 6:30am w/Jamye and Kelly
- Beginning week of 9/23/19: Tues/Thurs at 5:30pm w/Julie (Play & Learn available)

LOCATION: DICKENSON FAMILY YMCA
8501 S. Garnett Road
Sign up at the front desk or ymcatulsa.org/register
(keyword: running)
ymcatulsa.org/register (search DK Running)
More info: aringleb@ymcatulsa.org





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Fall 2019 Running Groups

Please Circle:

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___ Beginning week of 9/23/19: Tues/Thurs at 5:30pm w/Julie (Play & Learn available)

*Class confirmation subject to at least a 8-person enrollment

Participant's Name: _____

Xid: _____ Password: _____

Member: Yes No Shirt size: _____

Age: _____

Address: _____

City, State, ZIP: _____

Email: _____ Cell: _____ Text? Y/N

Beginner Runner: _____ Active Runner _____

THE UNDERSIGNED HEREBY RELEASES, WAIVES, DISCHARGES AND CONVENANTS NOT TO SUE the YMCA, its directors, officers, employees and agents (herein referred to as "releasees") from all liability to the undersigned, his personal representatives, assigns, heirs, and next of kin for any loss or damage, and any claim or demands therefore on account of injury to the person or property or resulting in death of the undersigned, whether cause by negligence of the releasees or otherwise while the undersigned is in, upon, or about the premises or any facilities or equipment therein, or participation in any program affiliated with the YMCA, without respect to location.

Print Participant's Name: _____

Signature: _____

Date: _____

Date Paid and received by: _____