



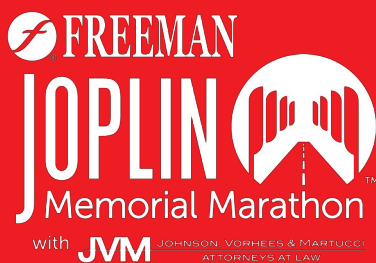
GO THE DISTANCE

HALF MARATHON GROUP TRAINING Joplin Memorial Marathon JOPLIN FAMILY YMCA

With group training for all running levels, this class will prepare you to go the distance at the Joplin Memorial Half this year!

Perfect for first-time half-marathon runners, each class will begin with training clinics on topics like speed work, fueling and race preparation.

For individualized training to help you improve your time, increase your pace or set a personal record (PR), check out our new VDOT training class. Ask about it at the front desk or visit bit.ly/jfyvdot for more information!



May 20, 2017

What You've Just Got to Know

To register, just fill out the form on the back and return it along with the registration fee to either Joplin Y branch.

- **Dates:** March 11 - May 20
- **Days and Times:** Saturdays at 7:00am
- **Levels/Groups:** Beginner Walk/Run, Beginner's Running, First-Time Half-Marathon Runners, Senior Runners
- **Lead Coach:** Bobby Ballard
- **Location:** Joplin Family YMCA South Branch (outside runs)
- **Cost:** \$50 for members; \$70 for nonmembers



GO THE DISTANCE

Half Marathon Training Class Registration JOPLIN FAMILY YMCA

COST: \$50 FOR MEMBERS / \$70 FOR NONMEMBERS

Name _____ Birth Date _____ Gender M F

Address _____ City _____ State _____ Zip _____

Home Phone _____ Cell Phone _____

Email Address _____

Unisex Cut Shirt: Extra Small Small Medium Large XL 2XL 3XL

Ladies' Cut Shirt: Extra Small Small Medium Large XL 2XL 3XL

In consideration of your acceptance of this entry, I hereby waive, release and forever discard all claims, rights and causes of action of any kind or nature for myself, my heirs, executors and administrators, against sponsors and organizers of the Joplin Family YMCA running classes, their agents, servants, officers, employees, directors, representatives and assigns for injury or illness which may directly or indirectly result from my participation in the Joplin Family YMCA running classes, and I further agree to save and hold said parties harmless and agree to indemnify each of said persons against all liability for any loss, cost, injury or damage to persons or property which may arise by virtue of the undersigned engaging in the Joplin Family YMCA running classes. I further state that I am in proper physical condition to participate in this event. I recognize the sponsors have not undertaken to provide undersigned with any medical care, treatment or advice concerning my participation. I give the Joplin Family YMCA permission to use any pictures taken of me while participating in Joplin Family YMCA running classes for the purposes of their own advertising.

Signature _____ Date _____

Return completed and signed form, along with registration fee, to either Joplin Family YMCA location: 510 S. Wall Ave., Joplin , MO 64801 or 3404 W. McIntosh Circle Drive, Joplin, MO 64804.

Date _____ Receipt# _____ Amt. Paid _____

Session Code: 17JAN Program Code: 02FTJMR

