



SET A RECORD

VDOT TRAINING Joplin Memorial Marathon JOPLIN FAMILY YMCA

Improve your time, increase your pace or set a PR (personal record) with our new VDOT training class! This performance-based class will feature small groups with individual focus and tailor-made running plans to help you reach the next level!

VDOT training increases oxygen intake for a proven, mathematically-based training method to improve your performance on race day!

For group training to help you prepare for your first half-marathon (or for a less rigorous training regimen) check out our Half Marathon Group Training class. Ask about it at the front desk or visit <http://bit.ly/jfyhmc17> for more info!



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 7 - May 18
- **Days:** Your choice of Tuesdays or Thursdays
- **Times:** Your choice of 5:30pm or 6:30pm
- **Levels/Groups:** Experienced half-marathon runners
- **Lead Coaches:** Karen King and Corrie Reeter
- **Location:** Joplin Family YMCA South Branch (treadmill training)
- **Cost:** \$80 for members; \$100 for nonmembers (includes the cost day passes for nonmembers)



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VDOT Training Class Registration JOPLIN FAMILY YMCA

COST: \$80 FOR MEMBERS / \$100 FOR NONMEMBERS

Name _____ Birth Date _____ Gender M F

Address _____ City _____ State _____ Zip _____

Home Phone _____ Cell Phone _____

Email Address _____

Class Day: Tuesdays Thursdays
Class Time: 5:30-6:30pm 6:30-7:30pm

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.

STAFF USE ONLY	Session Code	Pick One Program Code by Day and Time	
	Date _____ Initials _____ Amt. Paid _____	17JAN	Tuesday Program Codes: 5:30pm - 02FTV DOTU530 6:30pm - 02FTV DOTU630

