



# JOIN OUR TEAM

## TEAM 13 TRAINING sponsored by Vectren

Team 13 Training is a 13 week training program for individuals who are interested in training for a distance event. The goal of training is to help people of all fitness levels build their mileage, endurance and confidence and complete the Evansville Half Marathon presented by German American Bank on Saturday, October 14, 2017. Registration is \$20 for Y members, \$40 for non members and includes:

- Training plan, T-shirt to the first 700 registrants, Email updates, Special "Team 13" half marathon race number when you register for the race
- Informational **OPEN HOUSE on July 8** from 7 to 9 am at the Downtown YMCA
- Camaraderie, support and much more!

Training season will go from July 18 to October 12. Trainings will be held on Tuesday and Thursday at 6:00 pm and Saturdays at 7:00 am. Please complete the form below and return it to the YMCA. Online registration is also available at [www.evansvillehalfmarathon.org](http://www.evansvillehalfmarathon.org). A schedule of mileage and locations will be provided via email or at the open house after registration is complete. For more information, contact Heather Lejman at [lejman@ymcaswin.org](mailto:lejman@ymcaswin.org) or call 812.491.7713

It is recommended that you see your physician before undertaking any new or strenuous activity.

Name \_\_\_\_\_ Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ DOB \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_ Y Member? Yes \_\_\_ No \_\_\_  
If you want weekly email updates. Please print legibly.

### Emergency Contact:

Name \_\_\_\_\_ phone \_\_\_\_\_

**RELEASE: I AGREE TO INDEMNIFY, HOLD HARMLESS AND DEFEND THE YMCA OF SOUTHWESTERN INDIANA, INC. AND ITS RESPECTIVE OFFICERS, DIRECTORS, AGENTS, AND ALL SPONSORS AND VOLUNTEERS FROM AND AGAINST ANY CLAIM, LIABILITY OR ACTION ARISING OUT OF ANY INJURY OR DEATH AS A RESULT OF MY PARTICIPATION IN THIS TRAINING PROGRAM. I FURTHER GRANT PERMISSION FOR THE USE OF MY NAME AND PHOTOGRAPHS FOR PUBLICITY AND PURPOSES TO PROMOTE YMCA ACTIVITIES. THIS RELEASE IS BINDING ON THE UNDERSIGNED, HIS/HER HEIRS, LEGAL REPRESENTATIVE AND ASSIGNS.**

Participant's Signature (Parent or guardian's signature if participant is under 18)

Date

*Our Mission: The YMCA of Southwestern Indiana, Inc., following the example of Jesus Christ, responds to community needs by serving all people, especially youth, through relationships and activities that promote healthy spirit, mind and body.*