



# TEAM 13 TRAINING

## 13 WEEKS TO 13 MILES!

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 is to help people of all fitness levels build mileage, endurance, and confidence to complete the Evansville Half Marathon presented by German American Bank on Saturday, October 5, 2019.

**Member Rate: \$20.00**

**Non-Member Rate: \$40.00**

**Team 13 Open House  
Downtown YMCA  
July 6—7am to 9am**

***Training Begins July 9***

- 13 Week Training Plan upon registration
- Team 13 Training shirt to the first 650 registrants
- Weekly email updates and training tips
- Special Team 13 identification for the Half Marathon
- YMCA staff and volunteer support at every training
- Training sessions every Tuesday, Thursday & Saturday

Name \_\_\_\_\_ DOB \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Y Member? yes \_\_\_ no \_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Emergency Contact: Name \_\_\_\_\_ Phone \_\_\_\_\_

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

**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 FOR 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