

13 WEEKS
TO
13 MILES

TEAM 13 TRAINING



Sponsored By



Open House on
JUNE 20

at Ascension St Vincent YMCA

Training begins July 7

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 3, 2020.

YMCA Member Rate: \$20.00

Non-Member Rate: \$40.00

**All proceeds from Team 13 benefit the YMCA of Southwestern IN Youth and Outreach Programs.*

- 13 Week Training Plan upon registration
- Team 13 Training shirt to the first 650 registrants
- Weekly email updates and training tips
- YMCA staff & volunteer support at every training
- Training sessions every Tues, Thurs & Sat

Questions? Contact Meghan at craven@ymcaswin.org or 812-492-6710

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.

Return completed form to a YMCA of Southwestern IN location or register online at www.evansvillehalfmarathon.com/training

Name _____ DOB _____

Address _____

City _____ State _____ Zip _____ Y Member? Yes ___ No ___

Phone _____ Email _____

Preferred T-Shirt Size, Unisex Sizing (Not Guaranteed): XS S M L XL 2XL

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