

JUMP START TRAINING



**Informational Meeting
TBA!**

Training begins May 19th

FREE PROGRAM
Registration Required

The YMCA of Southwestern Indiana and our team of volunteers is offering a **FREE** 7 week program to help you start making your way toward a healthier version of yourself this year! Training starts at 1 mile and work up to 3 consecutive miles over 7 weeks. The goal is to transition from Jump Start to the Team 13 Program with the end result being completion of the Evansville Half Marathon presented by German American Bank in October.

You will have **fun, meet people, and be inspired** to make lifestyle changes along the way. Training will be led remotely by one volunteer to every 9 participants.

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 forms via mail to YMCA of Southwestern IN, Attn: Meghan Craven, 516 Court St, Evansville, IN 47708 or register online at www.evansvillehalfmarathon.com/training

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