

13 WEEKS
TO
13 MILES

TEAM 13 TRAINING



Sponsored By



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 2, 2021 through the camaraderie & support of fellow walkers & runners.

- 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 training
- Training sessions Tues (6pm), Thurs (6pm) & Sat (7 am)

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.

*Training
begins
July 6*

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.

PLEASE READ CAREFULLY. THIS DOCUMENT EFFECTS YOUR LEGAL RIGHTS AND IS LEGALLY BINDING. BY SELECTING YES TO THIS AGREEMENT, YOU ARE RELEASING THE YOUNG MEN'S CHRISTIAN ASSOCIATION OF SOUTHWESTERN INDIANA, INC. ("YMCA") FROM ALL LIABILITY AND FOREVER GIVING UP ANY CLAIMS THEREFORE Assumption of Risk I acknowledge and agree that any use of YMCA facilities, services, equipment and premises ("Facilities") and any participation in YMCA programs and activities ("Programs") comes with inherent risks including, but not limited to: (1) personal injury, (2) property damage, (3) disability, (4) death, and (5) sickness or disease. I voluntarily accept and assume full responsibility for these risks as well as any and all other risks of the use of Facilities and participation in Programs. I agree that I have full knowledge of the nature and extent of all such risks and am not relying on all such risks being specifically described in this document. Waiver, Release, Indemnification & Covenant Not to Sue In consideration of the use of Facilities and participation in Programs I, the undersigned, agree that YMCA, its officers, directors, agents, employees, volunteers, insurers and representatives ("Releasees") shall not be liable for any personal injury, property damage, disability, death, sickness or disease -- including a defined "communicable" disease and/or within an epidemic/pandemic environment, as determined by federal, state, and local health authorities -- by myself, my family members, dependents, or guests, including minors, however occurring including, but not limited to the negligence of Releasees. I understand that I will be solely responsible for any loss or damage, including personal injury, property damage, disability, death, sickness or disease sustained from the use of Facilities and participation in Programs. I further agree, on behalf of myself and any and all legal successors and proxies, to release and HEREBY DO RELEASE, WAIVE AND COVENANT NOT TO SUE Releasees from any causes of action, claims, suits, liabilities or demands of any nature whatsoever including, but not limited to, claims of negligence, which I and any and all legal successors and proxies may have, now or in the future, against Releasees on account of personal injury, property damage, disability, death, sickness, diseases or accident of any kind, arising out of or in any way related to the use of Facilities or participation in Programs, whether that participation is supervised or unsupervised, however the injury or damage occurs, including, but not limited to the negligence of Releasees. In further consideration of the use of Facilities and participation in Programs, I agree to INDEMNIFY, DEFEND AND HOLD HARMLESS Releasees from any and all causes of action, claims, demands, losses, suits, liabilities or costs of any nature whatsoever, including claims of negligence, arising out of or in any way related to the use of Facilities and participation in Programs by myself, my family members, dependents or guests, including any minors.

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

Date