



REAL GIRLS RUN 6K TRAINING PROGRAM

WHEN/WHERE: EVERY SATURDAY, 8A.M., AT RIVERVIEW PARK

This 7 week program is designed to prepare you for the Real Girls Run 6K. The runs will range from 1 to 6 miles.

Participants will receive a 7-week schedule delineating all daily runs.

Dawn Cromer and Francesca Conte, Program organizers

francesca@charlottesvillevillierunningcompany.com
434.293.7115

CHARLOTTESVILLE RUNNING COMPANY



FIRST NAME

LAST NAME

ADDRESS

CITY

STATE

ZIP

PHONE

EMAIL- REQUIRED FOR EVENT UPDATES

 S M L XL

T-SHIRT SIZE

DATE OF BIRTH

AGE

SEX

I AM

BEGINNER

INTERMEDIATE

ADVANCED

SIGN WAIVER BELOW!

FEES

\$10

PLEASE MAKE CHECKS PAYABLE AND MAIL TO:

CHARLOTTESVILLE RUNNING COMPANY
110 OLD PRESTON AVE
CHARLOTTESVILLE, VA 22902

EVERY PARTICIPANT MUST SIGN THIS WAIVER!

Waiver: In consideration of your accepting this entry, [I below signed], intending to be legally bound for myself, my heirs, executors, administrators, and assigns waive and release all rights and claims for damages I may have against the Real Girls Run 6K, Bad to the Bone LLC, Charlottesville Running Company the officials, sponsors, directors, officers, employees, agents and volunteers of the Real Girls Run 6K, and/or the Real Girls Run 6K, their heirs, representatives, successors and assigns, for any and all injuries physical or otherwise suffered by me in this event. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event and my physical condition has been recently verified by a licensed medical doctor. Further, I hereby grant full permission to use photographs, videotapes, motion pictures, and records of me, or any other record of this event, for any legitimate purpose. This entry is invalid unless signed by entrant. If entrant is under 18 years of age, parent or guardian must sign entry. The race committee reserves the right to reject any entry.

Signature (Parent or guardian if under age of 18)

Date