

*Get in the Best
Shape of your
Life!*

Opening Days and
Orientation:

January 4 & 11
8:00 AM

Opening Days At
Road Runner Sports
5553 Copley Drive

wcroadrunners.com

- ◆ Saturday runs/walks
- ◆ All Paces welcome –
Beginners to advanced
- ◆ 6 Pace groups
- ◆ Great Race Discounts
- ◆ Weekly training
schedules
- ◆ 3 Training Locations
- ◆ Track workouts
- ◆ 200+ yrs marathon
coaching experience
- ◆ Free technical t-shirt
- ◆ Educational Seminars
- ◆ Nutrition programs
offered
- ◆ Certified Coaches

**Make Checks Payable to:*

WC Road Runners
870 Capri Road
Encinitas, CA 92024

Phone: 858.492.8455

Email: info@wcroadrunners.com



west coast road runners

Half & Full Marathon Training Program

BEST RUN CLUB in PACIFIC WEST REGION Training for

18+ Half & Full Marathons – including local favorites:

**San Diego Half, La Jolla Half,
Rock n'Roll San Diego!**

Family



Large Groups



Social Fun



Register online at www.active.com or by mail*:



New Members:

\$85/season before 11/30/19

\$90/season 11/30- 1/31/20

\$95/season after 2/1/20

\$160- Annual Membership

Returning Members:

\$75/season before 12/31/19

\$80/season after 1/1/20

+ CASH Discounts

\$140 - Annual Membership



Name _____ Previous WCRR Member? yes no

Street Address _____ How did you hear about us? _____

City, State, Zip _____ Age: _____ Number of Marathons: _____

Email (required) _____ Sex: M F T-shirt size: Sm M L XL XXL

Phone _____ What race are you training for? _____

By my signature I certify that I have read and understand the release & waiver below.

Participant's Signature (parent or guardian if under 18 years) _____ Date _____

RELEASE AND WAIVER In consideration for the acceptance of this application for entry to the Training Program of West Coast Road Runners, I hereby acknowledge that West Coast Road Runners, its employees, officers, directors, coaches, agents, representatives, volunteers and sponsors cannot assure my safety during participation in the Training Program. I recognize that participation in the Training Program exposes me to risks including, but not limited to, running and/or walking related injury, traffic and the detrimental effects of heat and pollution. I certify, represent and warrant that I am in a healthy, qualified and appropriate physical condition in order to complete the Training Program and participate therein. I, for myself, my heirs, executors, administrators, successors, and assigns HEREBY RELEASE, WAIVE AND FOREVER DISCHARGE AND HOLD HARMLESS West Coast Road Runners, their employees, officers, directors, coaches, agents, representatives, volunteers, sponsors, successors and assigns OF AND FROM ALL CLAIMS, demands, damages, costs, expenses, actions and causes of action, whether in law or equity, IN RESPECT OF DEATH, INJURY, LOSS OR DAMAGE TO MY PERSON OR PROPERTY, HOWSOEVER CAUSED, arising or to arise by reason of or during my attendance at or participation in the Training Program, whether as a spectator, participant or otherwise and whether or not in consequence of my following any program of diet and/or exercise on the recommendation of any of the aforesaid; whether prior to, during or subsequent to said attendance or participation and notwithstanding that any such claim may have been contributed to or occasioned by the negligence of any of the aforesaid. I also give permission for the free use of my name, voice or picture in any broadcast, telecast, newspaper article, report, advertising or marketing promotion or other account of this Training Program. I hereby agree to abide by all rules, policies, procedures and instructions of the Training Program and the people conducting it. (I, as Parent or Guardian of the Participant, a minor, have READ and AGREE to the above RELEASE as terms for the participation of the above-signed Participant, a minor.)