



EVERYONE CAN RUN BEGINNERS' PROGRAM

FREE six-week training program
at the Jewish Community Center
of Syracuse

Presented by the Syracuse Chargers Track Club and hosted by the Jewish Community Center (JCC) of Syracuse, the Everyone Can Run Beginners' Program is a FREE, six-week program designed to take you from walking to running. Greg Tuttle, a USATF certified coach, will lead the Wednesday evening sessions and facilitate presentations from other running-related professionals. All participants will receive a Syracuse Chargers pedometer and a two-week trial pass to the JCC. All fitness levels welcome. If you can walk, you can run!

Dates: Wednesdays: Feb. 1, 8, 15, 22 and
March 1, 8

Time: 5:30 to 6:30 p.m.

Place: Jewish Community Center of Syracuse,
5655 Thompson Road, DeWitt, NY 13214



Join our club! Go to syracusechargers.org

REGISTRATION AND WAIVER: This program is open to Chargers, JCC members and prospective members, at least 14 years and older; applicants under 18 years old require a parent's or guardian's permission. Important: Participants should consult their healthcare provider before beginning any new type of exercise or fitness program.

Name _____ Date of Birth _____

Address _____ Phone _____

Email address: _____

I am a currently a member (please circle): Syracuse Chargers Track Club Jewish Community Center

Participant Waiver for Program: I know that running is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able, and by my signature, I certify that I am medically able to perform this event and am in good health. I assume all risks associated with running, including but not limited to: falls or contact with other participants, with all such risks being known and appreciated by me. I understand that personal music players are not allowed during my training and I will abide by this rule. I have read this waiver and, knowing these facts and inconsideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Syracuse Chargers Track Club and the Jewish Community Center and the Road Runners Club of America, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these training sessions, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs or any other record of this event for any legitimate purpose.

Signature: _____ Date: _____

Parent's Signature if under 18: _____ Date: _____

Please turn in this completed form at JCC or mail it to: Greg Tuttle, 3604 State Rt. 49, Central Square, NY 13036.
Any questions? Please call 315-430-9409 or email tuttlegreg@hotmail.com