

ET CardioRUN at Central Park

Winter Session II open for registration

Interval based running class for all abilities

ET CardioRUN is a weekly coached running class based on the latest scientific methods to improve cardiovascular fitness and performance. USA certified running coaches from **EXPERIENCETriathlon** will provide structured interval based speed and hill workouts on the treadmill to help you get into running or get faster with your current run game. Running in the right heart rate zones is also a great way to reduce body fat and lose weight!

Membership at Central Park Athletic Club is not required. Class fee includes entry to the club each week.

Cost: \$90

Day: Thursdays

Times: 5:30 AM or 11:00 AM

Dates: March 4, 11, 18, 25 and April 1, 15. (six sessions)

Location: Central Park Athletic Club
4225 Naperville Road
Lisle, IL 60532

Contact coach Joe LoPresto at 630-430-9006 for additional information.

Register by completing the forms below.

ET CardioRUN Class

Registration Form

Winter Session II: March 4, 11, 18, 25 and April 1, 15.

1. **Cost:** \$90
2. Select which session you plan to attend
 Thursdays 5:30am - 6:30am
 Thursdays 11:00am – 12:00pm
3. Complete the contact information, payment information and waiver below.
4. Submit completed form, payment and signed waiver via US mail or fax to:

Experience Triathlon LLC
PO Box 4622, Naperville, IL 60567
Fax: (630) 445-5822

Participant's Name _____ Birth _____

Date _____

Address _____

Email _____

Phone _____

Signature _____

Please mail (or fax) registration to: Experience Triathlon LLC
PO Box 4622, Naperville, IL 60567
Fax -> 630-445-5822

Payment type: Check payable to Experience Triathlon Credit Card

Name on credit card _____

Credit Card number _____

Expiration date _____ Security code (3 or 4 digits on back of card) _____

I acknowledge that training for and/or participating in a bicycle, running, swimming, triathlon or duathlon event is an extreme test of a person's physical and mental limits and such training or participation poses potential risks of serious bodily injury, death, or property damage. With full understanding of the risks I am taking, I HEREBY ASSUME ALL THE RISKS OF TRAINING FOR AND PARTICIPATING IN SUCH EVENTS and agree to the following

ExperienceTriathlon LLC has been retained to assist me in the improvement of my fitness.

I hereby attest that I am in good health and my physical condition has been verified by a licensed medical doctor and, furthermore the licensed medical doctor has been advised that I intend to participate in these events.

In consideration of being accepted as a fitness client by ExperienceTriathlon LLC, I hereby take the following action for myself, my executors, administrators, heirs, next of kin, successors and assigns, or anyone else who might claim or sue on my behalf: (a) I WAIVE, RELEASE, AND DISCHARGE from any and all claims, costs, or liabilities for death, personal injury or damages of any kind, which arise out of or relate to my training for or participation in a bicycling, running, swimming, triathlon or duathlon event, THE FOLLOWING PERSONS OR ENTITIES: ExperienceTriathlon LLC (b) I AGREE NOT TO SUE any of the persons or entities mentioned above for any of the claims, costs or liabilities that I have waived, released or discharged herein; and (c) I INDEMNIFY, DEFEND, and HOLD HARMLESS the persons or entities mentioned above from any claims made or liabilities assessed against them as a result of my actions except those resulting from the willful acts or gross negligence of ExperienceTriathlon LLC.

I agree to abide by the laws of the State of Illinois and to litigate any disputes between myself (the Client) and ExperienceTriathlon LLC within the legal jurisdiction of Illinois, (DuPage County)

I AFFIRM THAT I AM EIGHTEEN (18) YEARS OF AGE OR OLDER, I HAVE READ THIS DOCUMENT AND UNDERSTAND ITS CONTENTS. I UNDERSTAND THAT BY SIGNING THIS DOCUMENT I AM WAIVING SIGNIFICANT LEGAL RIGHTS AND AM INCURRING SIGNIFICANT LEGAL LIABILITIES. I HAVE BEEN SPECIFICALLY ADVISED TO CONSULT WITH AN ATTORNEY IF I DO NOT UNDERSTAND ANY PORTION OF THIS RELEASE AND AGREEMENT.

Print name

Signature

Date