



High School/ Middle School Gazelles 2010

Join other young athletes in this fun, yet demanding, training group designed to take runners to the next level. Whether your focus is on sprints, middle distance, or longer distance, this class provides a bridge between the track and cross country seasons, helping you develop speed, strength, endurance, and an increased knowledge of running. Runners age 10-18 years old are welcome, though space is limited. Coached by former NCAA Champion Bernard Manirakiza, runners will learn proper methods and mechanics during their training sessions, using the following techniques: speed enhancement, interval training, endurance training, agility drills, nutrition advice, and more! To allow coaches the best opportunity to train the students, parents are asked to refrain from attending practices.

Please remember that if the offered time(s) noted herein isn't the most convenient for you, you may email us to see about attending a different class, at the time which best suits you.

START DATE:	First Monday of each month
LENGTH:	Month- to-Month
FREQUENCY:	M/W 8:30 – 9:45 a.m. plus Saturdays @ 7:30 a.m.
COST:	\$100/month
LOCATION:	RunTex Riverside, 422 W. Riverside Dr.
CONTACT:	Michael Madison – michael@gilbertsgazelles.com - 589.1310

HIGHLIGHTS:

- Three (3) groups meetings per week with bonus stretching session on Saturdays
- Customized training calendar tailored to your needs and ability
- Complimentary participation in up to four (4) Boot Camp classes per week
- Access to an online services, including a member forum, videos and a Gazelle Gear store
- 15% discount on apparel and gear at all RunTex locations

REGISTRATION FORM

First Name: _____ Last Name: _____
Address: _____ Age: _____
City: _____ State: _____ Zip: _____
Cell Phone: _____ Other Phone _____ (Work Home)
Email: _____ Gender: M F (Circle One)

PAYMENT

Payment may be made online by clicking the "Pay Online" button at www.gilbertsgazelles.com. If paying online is not an option, please email us at info@gilbertsgazelles.com.

WAIVER

In consideration of this entry, I hereby release Gilbert Tuhabonye, RunTex, the officials of this program and any and all groups, people, and facilities connected with RunTex and the Gilbert's Gazelles Training Group for any and all injuries incurred to me or by me or any acts or omissions by any organization, or individual that takes place during said program. I further certify that I am physically able to participate in this program. I hereby grant full permission to any and all of the forgoing to use any photos, videotapes, motion pictures, and recordings or any record of this program.

Signature: _____ Date: _____
(Parent or guardian if under 18)