



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SET A RECORD

VDOT TRAINING

Bass Pro 10k, Half or Full Marathon JOPLIN FAMILY YMCA

Improve your time, increase your pace or set a PR (personal record) with our new VDOT training class! This performance-based class will feature small groups with individual focus and tailor-made running plans to help you reach the next level!

VDOT training increases oxygen intake for a proven, mathematically-based training method to improve your performance on race day!

For group training to help you prepare for your first 5k (or for a less rigorous training regimen) check out our Anyone Can Run class. Ask about it at the front desk or visit joplinfamilyy.org for more info!



November 5, 2017



What You've Just Got to Know

To register, just fill out the form on the back and return it along with the registration fee to the Joplin Family YMCA.

- **Class Dates:** Sept. 5 - Nov. 2 (9 weeks)
Kick-off event on Mon., Aug. 28 from 5:30-6:30pm
- **Days & Times:** Tuesdays w/ Karen at 4:30pm or 5:30pm
Thursdays w/ Corrie at 5:30pm or 6:30pm
- **Levels/Groups:** Experienced 10k or half-marathon runners
- **Lead Coaches:** Karen King and Corrie Reeter
- **Location:** Joplin Family YMCA South Branch (treadmill training)
- **Cost:** \$80 for members; \$100 for nonmembers (includes the cost of day passes for nonmembers & a performance T-shirt!)

JOPLIN FAMILY YMCA

3404 W. McIntosh Circle Dr., Joplin, MO 64804

P 417 781 9622 F 417 625 2503 www.joplinfamilyy.org



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VDOT Training Class Registration JOPLIN FAMILY YMCA

COST: \$80 FOR MEMBERS / \$100 FOR NONMEMBERS

Name _____ Birth Date _____ Gender M F

Address _____ City _____ State _____ Zip _____

Home Phone _____ Cell Phone _____

Email Address _____

Class Day: Tuesdays w/ Karen Thursdays w/ Corrie

Class Time: 4:30-5:30pm 5:30-6:30pm

5:30-6:30pm 6:30-7:30pm

In consideration of your acceptance of this entry, I hereby waive, release and forever discard all claims, rights and causes of action of any kind or nature for myself, my heirs, executors and administrators, against sponsors and organizers of the Joplin Family YMCA running classes, their agents, servants, officers, employees, directors, representatives and assigns for injury or illness which may directly or indirectly result from my participation in the Joplin Family YMCA running classes, and I further agree to save and hold said parties harmless and agree to indemnify each of said persons against all liability for any loss, cost, injury or damage to persons or property which may arise by virtue of the undersigned engaging in the Joplin Family YMCA running classes. I further state that I am in proper physical condition to participate in this event. I recognize the sponsors have not undertaken to provide undersigned with any medical care, treatment or advice concerning my participation. I give the Joplin Family YMCA permission to use any pictures taken of me while participating in Joplin Family YMCA running classes for the purposes of their own advertising.

Signature _____ Date _____

Return completed and signed form, along with registration fee, to the Joplin Family YMCA at 3404 W. McIntosh Circle Dr., Joplin, MO 64804.

STAFF USE ONLY	Session Code	Pick One Program Code by Day and Time	
Date _____ Initials _____ Amt. Paid _____	17NOV	Tuesday Program Codes: 4:30pm - 02FTVDOTU430 5:30pm - 02FTVDOTU530	Thursday Program Codes: 5:30pm - 02FTVDOTH530 6:30pm - 02FTVDOTH630

