

Fit Right Running & Walking Club

Registration: January – December, 2008
Who can sign up? Anyone, all ages and levels of ability
Fee: \$40.00 per year (*non refundable/transerable*)
\$70.00 per year as a couple
Registration begins: January 1st at both store locations and at www.active.com

What you get as a member:

- ✓ FREE Screened Technical Short Sleeve Tee with run/walk club logo.
- ✓ Membership ID Card-show this for discounts to our corporate partners.
- ✓ Personal Log in at our new www.getfitlivefit.org fitness resource site.
- ✓ Discounts at Fit Right Northwest (15% all regular priced shoes and apparel. This is not transferable and not valid with any other offers.)
- ✓ \$10.00 Discount off FEE for Fit Right Northwest's *Get Fit Live Fit* Running & Walking Programs – **NEW in 2008!** *In-store registration only when your Member ID card.*
- ✓ FREE monthly subscription to Fit Right Northwest's e-newsletter. This keeps you up-to-date on all the local happenings, sales and promotions by Fit Right!
- ✓ FREE Group Walk/Runs scheduled on Thursday's and Saturdays
 - ✓ *Thursday's at 6 PM – both locations*
 - ✓ *Saturday's at 8 AM - Portland Store and Vancouver Location/Heritage Trail.*
 - ✓ *Visit www.fitrightnw.com for details.*
- ✓ Create your own customized training log, accessed through fitrightnw.com. (Coming in Spring of 2008)
 - ✓ *Track your distance, time, whom you trained with, mileage on your shoes, weather, heart rate, weight and make personal notes.*
 - ✓ *All information is confidential and is viewable by only you.*
- ✓ Fit Right sponsors over 50 road races annually, so you have a place to put your gear while competing at each event.
- ✓ Discounts on products and services from corporate partners – **Details and list of partners coming soon!**
- ✓ Earn Store Rewards Points on all purchases. The more points you earn, the more you save!
- ✓ FREE Entry into Quarterly Socials for all Running & Walking Club Members.
- ✓ FREE Runs on Saturday's – twice per month, we'll host a fun run in Portland and Vancouver. You have a chance to win shoes, apparel, hydration packs, insoles and more!!! More details coming soon!

www.fitrightnw.com



I know that running and volunteering to work in club races and events are potentially hazardous activities. I should not enter and walk/run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the walk/run. I assume all risks associated with walking/running and volunteering to work in club races/activities including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of the acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release Fit Right Northwest Running & Walking Store, Club and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature: _____ Date: _____

NAME: _____ SEX: _____

BIRTH DATE: ___/___/___

NAME: _____ SEX: _____

BIRTH DATE: ___/___/___

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

DAY PHONE: ___-___-_____ EVENING PHONE: ___-___-_____

E-MAIL _____

T-Shirt Size: (circle one)	Men	S	M	L	XL	XXL
	Women	S	M	L	XL	XXL

Which walking/running distances/events/relays do you participate in?

What kind of workouts (including distance and approximate pace) would you like to do with other walkers and/or runners?

What kind of support would you like from the Fit Right NW Running & Walking Club?
