



Guest and Partial Session Registration

www.flyingfeetrunning.com / dpqflyingfeet@aol.com

Guest Registration – A guest is someone who joins Flying Feet for a single run as a guest of a current member. There is no fee, but a signed registration form is required.

Partial Session Registration – This is for those who register after the deadline for the current season. Unlike full session registration, no training plans will be provided. Partial session participants may attend all group runs and workouts (except Flying Feet only races) but are responsible for assuring that the runs and workouts are appropriate for their personal goals.

Group Runs – Group runs and workouts will be held at locations in and around Westminster, MD. The specific schedule of runs will be provided well in advance, with typical times that will include Saturday mornings at 7:00 and Tuesday evenings at 6:30.

How to Register – Partial session registration fees are \$50 per month for the winter-spring program. Participants can register for one, two or three months under this option.

Registration Limits – The program will become closed if 90 runners have registered.

Send form and registration fee to – Flying Feet, c/o Dave Griffin, 811 Kent Terrace, Westminster, MD 21157

Circle # of months participating - 1 2 3

Name _____ Gender _____ Age _____

Phone Number _____ Email _____

Read Carefully - In consideration of your acceptance of my application for participation in the Flying Feet Running Programs, I hereby, for my heirs, my executors, administrators and assignees, and myself waive, release and forever discharge Flying Feet Running Programs, LLC, and all coaches, volunteers and sponsors of all claims, damages, demands, and actions whatsoever in any manner arising out of my, or my child's, participation in this program.

Participant Signature (Parent if under 18)

Date