



TRAINING PROGRAM

\$50.00 *includes eight training sessions and St. Patrick's Dash race entry*

Program is perfect if you have never run, looking to get back into to running or seeking advice for peak performance. Coaching staff from Chautauqua Striders as well as professionals from nutrition and weight training fields will assist during select sessions.

Due to track size training program will be limited to first 40 participants.

Contact David Reinhardt @ 483-3489 or david@chautauqua-striders for more information.

Training Days & Times

January 23	5:30– 7:00 pm
January 30	5:30– 7:00 pm
February 6	5:30– 7:00 pm
February 13	5:30– 7:00 pm
February 20	5:30– 7:00 pm
February 27	5:30– 7:00 pm
March 6	5:30– 7:00 pm
March 13	5:30– 7:00 pm

All sessions at **Northwest Arena**
319 West Third Street, Jamestown, NY

2017 St. Patrick's Dash Training Program & Race Application

Last Name, First Name

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Street Address

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

City, State & Zip

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Phone Number

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Date of Birth

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Race Age

--	--

E-Mail Address

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Gender (please circle)

Long Sleeve Shirt Size (please circle)

M F YS YM YL S M L XL XXL

Running Experience (check box)

New runner Some running experience/starting again? Some race experience Frequent race experience Best 5K time _____

In consideration of my entry being accepted, I, intending to be legally bound, do hereby, for myself, my heirs, executors and administrators, waive, release, and forever discharge any and all claims and rights I have or which may hereafter occur against Chautauqua Striders, Inc., the City of Jamestown, USATF, USATF Niagara, WCA Center for Orthopedics, Rehabilitation and Sports Medicine, Center City Development Corporation, and Jamestown Savings Bank Arena and all other donors, contributors, successors, volunteers and assigns for any and all damages which may be sustained by me in connection with my association with, or entry in and arising out of my traveling to, participating in and returning from said event. I have trained for this road race and I am physically fit to participate. I further give permission for my image (captured or video) to be used by Chautauqua Striders, Inc. for promotional purposes of future events.

Participant Signature

Parent Signature (if under 18 years old)