

## Good Form Running Clinic

**When:** Thursday, June 16, 2016 at 6:30 PM

**Where:** Big Dog Running Co at 1200 Broadway

**Cost:** \$50

Good Form Running is a style of running that is based on the belief that running is a movement, to be learned and practiced. At Big Dog Running Company, we will teach you the proper technique to help you reduce unnecessary pain and strain caused by alternate running forms. You will learn to be able to run faster, easier, and with fewer injuries.

This intensive class is taught by John Teeples. John is co-owner of Big Dog Running Company. He is an accomplished ultramarathon runner and has been running since his cross country days at Auburn University. John has completed many notable ultramarathons, including the Badwater 135 and the 260 mile Run Across Georgia. John has also studied many forms of running for years and his vast experience and knowledge on the subject is key to the individual success of those who take this class.



First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Male: \_\_\_\_\_ Female: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**Waiver/Release Statement (please read and sign below):**

In consideration of acceptance of this entry, I hereby, for myself, my heirs, my executors, and administrators, waive any and all rights and claims for illness, injuries, or damages I may have against the Big Dog Running Co, Iron Bank Coffee Co and Lightning Sports Racing, and their officers, directors, and members, volunteers, employees, agents, sponsors or race director. None of the above is responsible for loss of personal items, or any form of aggravation in connection with said event. I fully understand that my participation is a completely voluntary undertaking of my own choosing and I fully understand that in doing so I assume full responsibility for all damages or injuries incurred by me in connections with this event. I give permission for the free use of my name or photograph in any broadcast or print account of this event. I am in proper physical condition to participate in this event. I certify that I carefully read this release and know the contents.

Participant's Signature: \_\_\_\_\_

Parent/Guardian if participant is under 18 yrs old: \_\_\_\_\_

Mail completed & signed entry form with payment to: Big Dog Running Co.  
1200 Broadway  
Columbus, GA 31901