

Running Revolution: Moving Women Forward

We exist to start a Running Revolution that allows any woman, anywhere to move toward greater mental, physical and social well-being...to fill the world with women moving toward personal empowerment and community engagement.

2017 Running Revolution Meetings

Tuesdays – 5:30 to 7:30 p.m.

Allegheny Community Center

42 Clark Street 2nd Floor

Warren, Pa 16365

March 21, 28

April 4, 11, 18, 25

May 2, 9, 16, & 23

May 27 – **Strawberry Fields for Running
& Walking Together Run/Walk** – 10:00 a.m.

1960 Conewango Avenue, Warren, PA

Dress for running and walking out of doors every week. Best cold-weather gear includes: layers, wicking fabrics, wind-breaking shells, gloves, hats, headlamps and ice cleats. Please stay hydrated. Quality running shoes that match your pronation and stability needs are strongly recommended. We suggest new runners have their stride analyzed and matched to an appropriate shoe at a running store prior to beginning the Running Revolution. Run Rev members receive discounts at Erie's Achilles Running Shop. To receive a discount prior to our first meeting, print out your membership confirmation email. Due to space limitations, Running Revolution membership will be capped at 200 participants.



Join the **Running Revolution** for ten Tuesdays and one Saturday of friendship, inspiration and training. Each two-hour meeting includes: a positive and supportive environment, wellness-related talks, training with great coaches and awesome swag. Run Revers also are able to bring their families and friends to the Strawberry Fields celebratory walk and run at 10 a.m. on May 27th.

LAST NAME

FIRST NAME

BIRTHDATE (MM/DD/YYYY)

EMAIL ADDRESS

(AREA CODE) CELL PHONE NUMBER

EMPLOYER

STREET ADDRESS

CITY

STATE

ZIP

EMERGENCY CONTACT NAME

EMERGENCY CONTACT PHONE NUMBER

PLEASE LIST MEDICAL CONDITIONS (MEDICAL CLEARANCE MAY BE REQUIRED)

LIABILITY & PUBLICITY WAIVER: (Sign & Date)

SIGNATURE

DATE

By indicating your acceptance, you understand, agree, warrant and covenant as follows. Liability and publicity release: I know that running and walking are potentially hazardous activities. I should not participate unless I am medically able to do so and properly trained. I assume all risks associated with running or walking in this program, including, but not limited to: falls, contact with other participants, the effects of weather, traffic and course conditions, and waive any and all claims which I might have based on any of those other risks typically involved in walking or running. I acknowledge all such risks are known and understood by me. I am aware that the Running Revolution recommends a medical screening and clearance for participation in this program. I am aware that medical support for this program may be provided by volunteer personnel who may be called upon to provide assistance, including first aid, to me and others during the program and race. I authorize any such a volunteer to assist me and/or to provide such assistance as, in opinion of such person may be necessary or appropriate. I understand that neither the Running Revolution nor any its members, volunteers, or supporting sponsors assume any responsibility or liability with respect to my participation in this program and run/walk. I hereby waive and release the Running Revolution, the Warren County Development Association, all sponsors, and representatives including volunteers, independent contractors and employees of any or all of them, from any or all claims or liabilities of any kind arising out of my participation in this event even though liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I further give my permission for the free use of my name, voice recording, or photo in any print account broadcasts, telecasts, or commercial advertising. I understand that for insurance purposes, the Running Revolution is a no earphones and no pets program. Participants must be 18 years of age or older to enroll.

Mail completed entry with check/money order payable to: **Running Revolution, P.O. Box 572, Warren, PA 16365**
or drop off at Whole Health Chiropractic Care Center, 206 East Fifth Ave., Warren, PA 16365 by Friday, March 17th

The Running Revolution is administered by the Warren County Development Association