

Enrollment Information and Instructions

The Wabash Valley Roadrunners welcome you to Trained in Terre Haute 2012!

The directors and coaches invite you to join us for another great year. This will be 13th year of the program and we have been looking forward to it! We hope you have too! If you have received this packet then you more than likely already know what Trained in Terre Haute (affectionately referred to as TNT) is all about. If you would like more information you may visit the **Wabash Valley Road Runners** website at **WVRR.org**. It is important that athletes keep informed throughout the program. Current information is always available on the TNT Facebook page and on the WVRR website. We recommend the Facebook application, you don't have to post, just look.

An informational and registration meeting will be held on **November 14, 2011 at 7:00 in the North Vigo High School Cafeteria. Training will start on January 9th at the same location and time.** The January 9th meeting will officially kick-off training and is a mandatory meeting. In addition to distributing books and training shirts we will have the first of our three clinics.

In the interest of safety and common sense we recommend that any one registering for TNT who is not currently acclimated to performing rigorous physical activity get medical approval before enrolling.

This packet includes two items, a Trained in Terre Haute Registration and the One America Indianapolis Mini Marathon Entry. **Both must be correctly and completely filled out, I repeat correctly and completely filled out.** They must be received no later than **November 25th, 2011.** For registrations received after that date and until December 31, 2011 an additional \$30.00 will be charged. **NO APPLICATIONS CAN BE ACCEPTED AFTER DECEMBER 31, 2011. (We cannot guarantee entry into the Mini after November 25th, 2011. If the Mini is sold out before the Dec 31 deadline, your application will be returned to you.)**

Both applications are self explanatory and must be filled out in their entirety. The cost to enter the program is \$130.00, **this includes both TNT**

and the Mini. We do offer a partial pay option as indicated on the application. The TNT fee also includes the following:

- One year membership to WVRR
- Enter into the One America Mini Marathon on May 5, 2012
- Technical Training Shirt
- Training Clinics
- Discounted memberships to both Anytime Fitness and Union Hospital Fitness Center (details on the website)
- 20% discount at Pacesetter Sports
- 10 Mile High Pizza Party
- Personalized training schedule
- Optional Training and Seeding 5k and 10k time trials
- Race singlet
- Pre race pasta dinner
- Charter bus to the race
- Race recovery area and gear storage
- Post race party (Saturday following the race)
- Many friends

The TNT training levels are defined as follows:

Fitness Walker - The athlete intends to walk the entire 13.1 miles, current fitness level is not relevant.

Beginning Runner - The athlete is new to running and may find it necessary to walk short intervals.

Intermediate Runner - The athlete has done TNT before or has run races of 10k or longer.

Advanced – The athlete wishes to run faster regardless of current pace. This is performance-based training and more individualized. The group is divided into two groups, those wishing to run the mini under 2 hours and those wishing to run the mini under 1:40.

You may switch levels provided you tell both coordinators.

Any questions? E-mail Buddy at buddygreen@frontier.com, or share on the TNT Facebook page. We are looking forward to seeing you.

TRAINED IN TERRE HAUTE REGISTRATION FORM

Information

PLEASE COMPLETE ALL ITEMS ON APPLICATION

Training Level
(check one)

Last Name

First Name

Walker

Street Address

Beginner

City

State

Zip

Intermediate

Advanced

Daytime Phone

Evening Phone

Average Weekly Mileage _____

Emergency Contact

Phone

Pace per Mile _____

Email Address (Must Provide)

Yes! I am interested in
being a coach. _____

Male _____ Female _____ Birthdate _____

Age _____

T-Shirt Size (Unisex)		Small	Medium	Large	X-Large	XX-Large
Singlet (Tank) Size	M	F	Small	Medium	Large	X-Large
						XX-Large (Men's Only)

Waiver

Before starting any exercise program, you should consult your physician.

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter to participate 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 run. I assume all risk associated with running and volunteering to work in club races, including, but not limited to, falls, contact with other participants, the effects of 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 Wabash Valley Road Runners Club, Inc. and its officers and agents, all sponsors, their representatives and successors including Road Runners Club of America, its officers, directors, agents and employees, from all claims of 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	_____ Parent Signature if Under 18	_____ Date
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Payment Options

	Before Nov 25th	Nov 26th - Dec 31
TNT Enrollment & Indy Mini-Marathon Entrance Fee	\$ 130	\$160
TNT Enrollment (have already pre-registered for the Mini)	75	85
Please provide your Indy Mini Registration Confirmation # _____		
Partial Payment Option (Read & Sign Below)	65	

I agree to submit \$65 with this application and to remit the remaining \$65 on or before January 2, 2012 to the address below. I understand that failure to do so will disqualify me from participation, in any way, and no refund will be received.

Make check or money order payable to "Trained in Terre Haute"
Send application and payment to:

Trained in Terre Haute
c/o Buddy Green
2000 N. 9th Street
Terre Haute, IN 47804

There is no transfer of membership/participation/race entry

ALL APPLICATIONS MUST BE RECEIVED NO LATER THAN SATURDAY, DECEMBER 31, 2011.

