Enrollment Information and Instructions

The Wabash Valley Roadrunners welcomes you to Trained in Terre Haute 2020! TNT, as our program is commonly referred to, is a 16 week training program to prepare athletes of all levels to complete (and compete) in a spring Half-Marathon. There are several Half-Marathons in the spring that will fit into this training schedule. We will also continue to take a group to Indianapolis for the Indy Mini Marathon on May 2nd.

The directors and coaches are preparing for another great year of training and we look forward to your participation. This will be our 21st year of serving the community through the TNT program. This program has introduced so many to the joys of fitness, health and friendship through running and walking. We at WVRR are proud of the opportunity you give us each year and hope that you join us, not only in making a great year for TNT, but continue your effort through active participation in your local running club and its activities.

An informational and registration meeting for Trained in Terre Haute will be held on December 18, 2019 at 7:00 in the cafeteria at North Vigo High School. Training will start on January 14th at the same location and time. The January 14th meeting will officially kick-off training and is a mandatory meeting. In addition to distributing books and training shirts, we will have a brief clinic focusing on training theory, winter running and common injuries and their prevention.

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 Form and the One America Indianapolis Mini Marathon Entry Form. Both must be correctly and completely filled out. It is very important that you provide us with an e-mail contact. This is our primary method of communication throughout the program. The application(s) must be received no later than January 7, 2020.
This year, we will offer three tiers of participation in the TNT Program:

<table>
<thead>
<tr>
<th></th>
<th>TOTAL INDY MINI PACKAGE</th>
<th>INDY MINI PACKAGE – w/o REGISTRATION</th>
<th>HALF-MARATHON TRAINING PROGRAM ONLY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cost</td>
<td>$155</td>
<td>$90</td>
<td>$65</td>
</tr>
<tr>
<td>Includes:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>One-Year Membership to WVRR</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Entry into Indy Mini Marathon</td>
<td>X</td>
<td></td>
<td></td>
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<tr>
<td>Courtesy Packet Pickup in Indy</td>
<td>X</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chartered bus transport to/from Indy Mini</td>
<td>X</td>
<td></td>
<td></td>
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<tr>
<td>Party tent and bag storage at Indy mini</td>
<td>X</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Long-Sleeve Technical Training shirt</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Training clinics</td>
<td>X</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Discounted fitness club memberships</td>
<td>X</td>
<td></td>
<td></td>
</tr>
<tr>
<td>20% disc at Pacesetter Sports</td>
<td>X</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10 Mile High Pizza Party</td>
<td>X</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Goal-oriented training schedule</td>
<td>X</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Training &amp; seeding 5k &amp; 10k time trials</td>
<td>X</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Race singlet</td>
<td>X</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Indy Mini pre-race pasta dinner</td>
<td>X</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Post-training party</td>
<td></td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>FUN ALL WINTER LONG</td>
<td></td>
<td></td>
<td>X</td>
</tr>
</tbody>
</table>

If you are doing the Indy Mini we strongly urge that you enter through TNT. (Our arrangement with the race organizers allows us to monitor these entries and ensure that they are correct. It also allows us to pick up all of the registration packages from Indianapolis and bring them back to Terre Haute.)

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 Intermediate Runner - These athletes are interested in running faster regardless of current pace. This is a performance-based training group and the workouts will be more difficult. Runners in the advanced groups will receive a more individualized training schedule complete with goals and will be expected to take part in the Training Series Races time trails. If you want to get faster and fitter you may be interested in this group! This group’s primary focus is on those wishing to run the a half-marathon in under 2:00.

Advanced - The athlete wishes to run faster regardless of current pace. This is performance-based training and more individualized. The group is primarily for those wishing to run the mini under 1:40.

You may switch levels provided you tell both coordinators.

Corporate/Group Discount & Competition
Gather a group of 5 or more individuals from your employer or organization (think churches, clubs, etc) and get a discount of $5 for each person! Also, the group with the most members successfully completing the program will get a special prize and some Wabash Valley Road Runners swag! Once your group has registered, you will receive more detailed information on the competition.

Any questions?
E-mail: Buddy Green at buddygreen1@icloud.com or Ellie Caldwell at ecaldwell@sackrider.com

We are looking forward to training with you!
**Information**

**PLEASE COMPLETE ALL ITEMS ON APPLICATION**

<table>
<thead>
<tr>
<th>Last Name</th>
<th>First Name</th>
<th>Training Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>Walker</td>
<td>Beginner</td>
<td>Intermediate</td>
</tr>
<tr>
<td>Intermediate</td>
<td>Int. Adv.</td>
<td>Advanced</td>
</tr>
</tbody>
</table>

**Street Address**

**City**

**State**

**Zip**

**Average Weekly Mileage**

**Daytime Phone**

**Evening Phone**

**Pace per Mile**

**Emergency Contact**

**Phone**

**Yes! I am interested in being a coach.**

**Email Address** (Must Provide)

**Male** _______ **Female** _______ **Birthdate** _______

**Long Sleeve T-Shirt Size (Unisex)**

**Singlet (Tank) Size**

**Men's** OR **Women's**

**Small** Medium Large X-Large XX-Large

**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**

**Payment Options**

<table>
<thead>
<tr>
<th>Option Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Indy Mini Package</td>
<td>$155</td>
</tr>
<tr>
<td>Indy Mini Package (w/o registration)</td>
<td>90</td>
</tr>
<tr>
<td>Half-Marathon Training Program (I will not be running the Indy Mini)</td>
<td>65</td>
</tr>
</tbody>
</table>

Make check or money order payable to "Trained in Terre Haute-WVRR"

Send application and payment to: Trained in Terre Haute c/o Ellie Caldwell 2425 N 8th St Terre Haute, IN 47804

**I am participating as a part of a group:**

**Group Name**

**Subtract $5 from above entry fees**

****There is no transfer of membership/participation/race entry**

***ALL APPLICATIONS MUST BE RECEIVED NO LATER THAN TUESDAY, JANUARY 7, 2020.***
For TOTAL INDY MINI PACKAGE ONLY

PLEASE COMPLETE ALL ITEMS ON APPLICATION IF WE ARE REGISTERING YOU FOR THE

Runner _________ Walker _________ (select one)

Did you complete the 2019 Indy Mini? Yes _________ No _________

Estimate race finish time: _________ (must provide - determines starting corral)

Emergency Contact Phone

Email Address (Must Provide)

Indy Mini Race Shirt  Men's OR Small Medium Large X-Large XX-Large (Men's Only)
                  Women's Small Medium Large X-Large

Waiver

OneAmerica 500 FESTIVAL MINI-MARATHON AND FINISH LINE 500 FESTIVAL 5K
AND 500 FESTIVAL TRAINING SERIES, presented by OrthoIndy WAIVER-REQUIRED (IF UNDER 18 years of age your Parent or Legal Guardian must also read and agree to this Waiver and Release) I have read the OneAmerica 500 Festival Mini-Marathon and Finish Line 500 Festival 5K entry form completely and understand the policies of the events. I know that participating in a road race is a potentially hazardous activity. I should not participate unless I am medically and physically able to do so, and it is my sole responsibility to determine if I am medically and physically able to participate in the event. I understand the nature of the event and I ASSUME ALL RISKS associated with my voluntary participation in this event including, but not limited to, falls, contact with other participants, the effects of the weather, including extreme temperatures and precipitation and traffic. Knowing these facts, I, for myself, heirs, executors, administrators or anyone else who might make a claim on my behalf, COVENANT NOT TO SUE, WAIVE ALL CLAIMS AGAINST, AND FULLY RELEASE AND DISCHARGE OneAmerica Financial Partners, Inc., Finish Line, Inc., OrthoIndy, 500 Festival, Inc. any and all sponsors affiliated with the 2020 OneAmerica 500 Festival Mini-Marathon, 2020 Finish Line 500 Festival 5K and 2020 500 Festival Mini-Marathon Training Series, presented by OrthoIndy, State of Indiana, Indiana Department of Natural Resources, NCAA/NCAA Hall of Champions, the Indianapolis Motor Speedway, LLC, the City of Indianapolis, the Town of Speedway, Tuxedo Brothers, Inc., ChronoTrack, Simmco Data Systems, Burns Computer Service, race participants, race officials, workers, volunteers, and any and all officers, directors, employees and other representatives of the foregoing, and any successors or assigns of the foregoing (collectively, the "Releasees") for ANY AND ALL claims or liability, including without limitation the sole or contributory negligence of any or all the Releasees, whether foreseen or unforeseen, for death, personal injury (whether temporary or permanent), or property damage arising out of, or in the course of, my participation in this event. I understand and agree that information about me, including information on this form, may be provided to third parties for any legitimate purpose, including commercial marketing purposes. I further grant full permission to the 500 Festival and the Releasees, and/or agents authorized by them, to use any photographs, video tapes, motion pictures,

Signature Date Parent Signature if Under 18 Date

SEEDING INFORMATION

If you have achieved a race result that meets the seeding standards set forth at: https://www.indymini.com/p/mini-marathon/participantinfo/seeding , you are eligible to be seeded towards the front of Wave 1. Please submit your seeding request after you complete your 2020 OneAmerica 500 Festival Mini-Marathon registration.

The deadline to submit seeding proof is March 20, 2020. Make sure to check your seeding!!

YES, I would like to be seeded in the 2020 Mini-Marathon

My 2019 Indy Mini-Marathon Bib # was _________ OR I will submit my seeding at a later date _________