Get Ready to GET OVER IT in 2012!

Coaching plus tips on:
* Nutrition
*Weight Training
*Motivation
*Injury Prevention

2012 Ten-Week
Walking & Running Clinics!

Cost is $75 per person (non-refundable), and includes an "In-Training" T-Shirt. Entry Deadline January 6th 2012
Payment must be submitted with entry form.

- Mt Pleasant Clinic is at Town Track (behind Municipal Complex on Houston Northcutt Blvd.)
- Downtown Clinics are at MUSC Wellness Center (45 Courtney Dr)

For more information please call Benita Schlau 792-9001 or CRBR Office 856-1949

COOPER RIVER BRIDGE RUN

Official Bridge Run Training Clinics!

Clinics brought to you by
MUSC Wellness Center.

Choose One:

Downtown 1/10 - 3/13 Tuesday 6pm
Downtown 1/11 - 3/14 Wednesday 6am
Mt. Pleasant 1/11 - 3/14 Wednesday 6pm

Mail/Fax/In Person;
CRBR, PO Box 22089, Charleston, SC 29413 Fax: 856-1950
Bridge Run Store; 716 S. Shelmore Blvd, ste #105, Mt Pleasant, SC 29464

Training Clinic Sign Up Form

FIRST NAME _____ LAST NAME _____

E-MAIL _____

CITY _____

STATE _____ ZIP CODE _____ AREA CODE _____ DAY PHONE _____

AGE _____ M/F _____ Circle Shirt Size: **S M L XL XXL**

PAYMENT: Circle: VISA MasterCard American Express CHECK

_____

If using Credit Card, fill in credit card number above
Expires: _____/_____(mm/yy)

Total $75

Clinic; *(check one)*
- ◯ **MUSC, Tues, 6PM**
- ◯ **MUSC, Wed. 6AM**
- ◯ **Mt Pleasant Track Wed. 6PM**

Running Level; *(check one)*
- ◯ **Walker**
- ◯ **Beginner Run**
- ◯ **Intermediate Runner**

LIABILITY WAIVER & RELEASE Upon acceptance of my entry, I, for myself, my heirs & assigns, hereby release the sponsors & officials of the Cooper River Bridge Run & Walk from any and all liability arising from illness, injury or death I may suffer as a result of my participation in these events. I am aware that my participation could, in some circumstances, result in physical injury. Should officials determine that completion of these events would be injurious to my health, I consent to be removed and treated by the physician in attendance or of their direction.. I understand that the fee is NON-REFUNDABLE.

DATE Signaure of Participant or GUARDIAN (if under 18)