

**WINTER INDOOR  
RECREATIONAL RUNNING PROGRAM  
Wednesday Nights Beginning on January 12, 2022 at  
The Hampshire Dome in Milford, NH  
(next to Hampshire Hills Health and Fitness Club)  
hosted by  
THE GATE CITY STRIDERS**

Runners are invited to a ten week indoor group running program on the Hampshire Dome's 1/5-mile track. The rectangular track has gradual banked corners. Come dressed to run. There are no locker rooms, but you may change in the rest rooms.

**PROGRAM SCHEDULE** – All workouts are on **WEDNESDAY** evenings, from the second Wednesday in January 2022 through the beginning of March.

**(January 12, 19, 26 // February 2, 9, 16, 23 // March 2, 9, 16)**

**TIME** - Warm-up 6:15pm - 6:30pm // Meeting 6:30 - 6:35 // Workout 6:35 - 7:15 // Cool down 7:15 to 7:30

**COACHING** – George LeCours will coordinate all sessions.

**FEE** - \$75 for the 10-week session

Please send completed form with check (payable to **Gate City Striders**) to:

Gate City Striders  
4 Pine Hill Road  
Hollis, NH 03049

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Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ St \_\_\_\_ Zip \_\_\_\_\_  
e-mail address \_\_\_\_\_  
Home phone \_\_\_\_\_ Work Phone \_\_\_\_\_

I know that running is a potential hazardous activity. I assume all risks associated with participating in this program including, but limited to the following: falls and contact with other participants and bystanders. Having read this waiver and understanding these facts, and in consideration of your acceptance of my registration fee, I for myself and for anyone on whose behalf I am entitled to act, hereby release and forever discharge the Gate City Striders running club and representatives and their successors from any and all claims or liabilities of any kind arising out of or relating to my participation in this indoor running program, even if such claim or liability arises as a result of negligence of the Gate City Striders running club or their representatives. I hereby agree to comply with all workout rules and instructions from the coaching staff.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_