

**WINTER INDOOR RUNNING PROGRAM**  
**Tuesday Nights Beginning on January 9, 2024 at**  
**The Hampshire Dome in Milford, NH**  
**(next to Hampshire Hills Health and Fitness Club)**  
**hosted by**  
**THE GATE CITY STRIDERS**

Gate City Strider members are invited to a ten-session coached indoor track program on the 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 **TUESDAY** evenings, from the second Tuesday in January 2024 through the beginning of March.

**(January 9, 16, 23, 30 // February 6, 13, 20, 27 // March 5, 12)**

**TIME** - Warm-up 6:00pm - 6:10pm // Meeting 6:10 - 6:15 // Workout 6:15 - 7:15 //  
Cool down 7:15 to 7:30

**COACHING** – A coach will coordinate all sessions. Runners will be grouped according to pace.

**FEE** - \$75 for the 10-week session. **Important Note: For safety reasons, enrollment is limited to 50 runners. Postmark will determine the order of receipt. Entries received after the limit is reached will be returned. No Refunds.**

Please send completed form with check (payable to **Gate City Striders**) to:  
Gate City Striders  
P.O. Box 3692  
Nashua, NH 03061-3692

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: \_\_\_\_\_