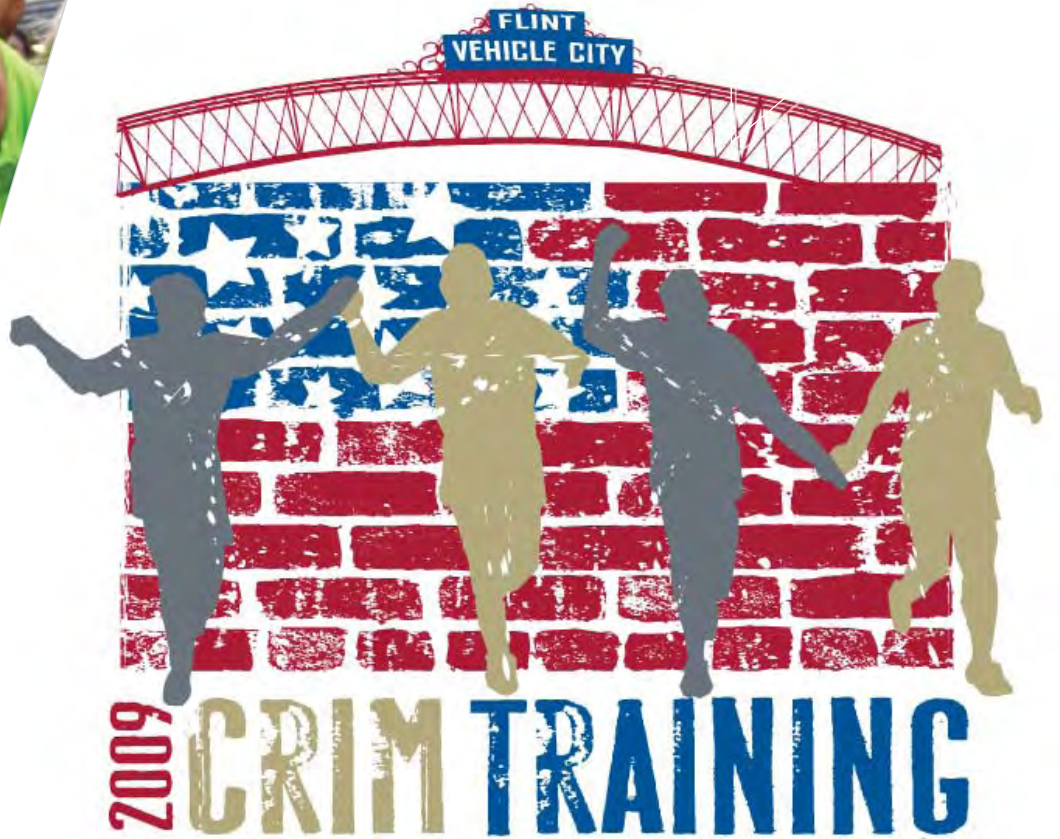




★ FLINT ★ OAKLAND ★



[www.crim.org](http://www.crim.org)

*Crim*  
FITNESS FOUNDATION

# The Crim Training Program Has a Level of Involvement and a Distance for Everyone!

## BEGINNER 10 MILE PROGRAM

Running or walking programs for all fitness levels from beginners to experienced. No speed or track work. Gradual distance and endurance training plan for those who want to complete the Crim 10 Mile event.

## ADVANCED 10 MILE PROGRAM

Running or walking programs for those currently able to run or walk 3–4 miles. This program is for those who want to increase speed and includes track work.

## 5K (3.1 MILES) 8K (4.9 MILES) PROGRAM

Running or walking programs well suited to those just starting an exercise program or those who wish to participate in a shorter distance.

*All running programs have lots of walk breaks inserted into each training run.*

**Cost of Program: \$130 (each) • Join with a Friend for \$220 (for 2)**

Registration deadline is **APRIL 27, 2009 • MAIL EARLY - SPACE IS LIMITED**

(Program will close when limits are reached!)

*Sorry, no children, strollers, pets or listening devices allowed at group workouts.*

### All programs have the following features and benefits:

- Pre and post race health screenings provided by Hurley Health & Fitness Center (optional)
- Runners will receive a copy of one of Jeff Galloway's books
- Technical fabric t-shirt
- All groups meet for group training sessions on Tuesday evenings at 6pm
- Entry into area running or walking events including the **"CRIM"**
- A special training session and picnic with Jeff Galloway
- Discounts on running and walking products at Bauman's Running and Walking Store and Complete Runner
- No initiation fee at Hurley Health & Fitness Center (20% off and one month free for annual prepay)
- Access to "SportsCare" certified athletic trainers at Hurley Health & Fitness
- Six free visits to Hurley Health and Fitness Center through September



### NEW CLINICS COMING THIS YEAR!

- ✓ Motivation & Goal Setting
- ✓ Healthy Eating & Nutrition for Training
- ✓ Injury Prevention

**DOWNLOAD APPLICATION AT  
WWW.CRIM.ORG OR WWW.ABC12.COM**

More information will be sent to you after application has been received.



## FALL TRAINING!

Extend your training program beyond the Crim. Sign up now to train for the **Brooksie Way Half Marathon** (13.1 miles) on October 4. Training groups will meet on Saturdays at 8am beginning August 29. Groups meet in the Flint area. Entry fee is only \$50 more when you sign up now (*price goes up after start of Crim Training Program*). **Participants will receive a Brooksie Way t-shirt, entry into an additional area race and the Brooksie Way Half Marathon.**



The Crim Training Program is a unique 15 week program designed by former U.S. Olympian Jeff Galloway, noted author and training expert for *Runner's World Magazine*.

*Check out Jeff's web site [www.runinjuryfree.com](http://www.runinjuryfree.com) for more training information.*



# CRIM TRAINING PROGRAM REGISTRATION FORM

(may be duplicated)



OFFICIAL SPONSOR OF THE CRIM  
TRAINING PROGRAM



NAME \_\_\_\_\_ PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_ APT \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

AGE \_\_\_\_\_ SEX \_\_\_\_\_ DATE OF BIRTH \_\_\_\_/\_\_\_\_/\_\_\_\_

E-MAIL ADDRESS \_\_\_\_\_

EMERGENCY CONTACT \_\_\_\_\_

EMERGENCY CONTACT PHONE \_\_\_\_\_

- PROGRAM** (check one):
- 5K/8K Run Program
  - 5K/8K Walk Program
  - Beginner 10 Mile Run Program
  - Beginner 10 Mile Walk Program
  - Advanced 10 Mile Run Program
  - Advanced 10 Mile Walk Program
  - BROOKSIE WAY TRAINING EXTENSION** (add \$50)

**T-SHIRT** (unisex sizing, circle one): XS, S, M, L, XL, XXL

Please make checks payable to: **Crim Fitness Foundation**

Mail to: 452 S. Saginaw St., Suite 1, Flint, MI 48502

For more information, call (810) 235-3396 or e-mail us at [Crim@flint.org](mailto:Crim@flint.org)

VISA  MASTERCARD

ACCOUNT # \_\_\_\_\_ Exp. Date \_\_\_\_\_

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

(All participants must be 18 prior to May 1, 2009)

**Waiver:** I know that participating in the Crim Training Program is potentially hazardous and I should not participate unless I am in proper physical condition. I agree to abide by any decision of a program official about my participation in the program. I assume all risks associated with participation in the program, including: the negligence of agents, sponsors, or employees of the Crim Fitness Foundation and other program participants, the effect of the weather; traffic and road/sidewalk/trail conditions, all such risks being known and appreciated by me. In consideration of the acceptance of my entry, I, for myself and my heirs, successors and representatives, release the Crim Fitness Foundation, Jeff Galloway, all sponsors, as well as agents or employees of the foregoing and any volunteer or group associated with this program from all claims for injury, damages or liabilities of any kind arising out of my participation in this program. I grant permission to the Crim Fitness Foundation, its agents, employees and sponsors to use my image, recordings, verbal or written statement, or any other record of the program gathered in connection with my participation in this program for any lawful purpose.

**See your doctor before beginning this or any exercise program.**

**Crim Fitness Foundation**

452 S. Saginaw St., Suite I  
Flint, MI 48502

*return service*

Non-Profit  
Organization  
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