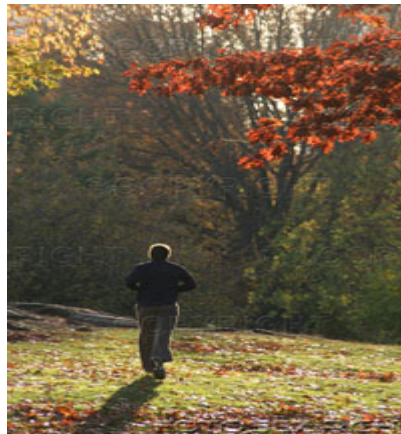




**Autumn 2008  
Meet & Train  
Term 1**

Learn how to make running an enjoyable part of your fitness routine! Whatever your fitness goals and whether you are complete beginner or have run before, our objective is to teach you the benefits of running. Our experienced runner will guide you through the sessions and offer you advice and information on nutrition, stretching and more.

With many road races coming up - there will be plenty of opportunities to motivate yourself!



**12 Week Programme**  
**Mid-Term w/c October 27<sup>th</sup> - w/e November 2<sup>nd</sup> NO CLASSES THIS WEEK**  
**MEMBERS FREE**  
**€80 non-members**

Classes take place Mondays & Wednesdays at 1pm

Runners & Joggers welcome!

Please note classes start week beginning 15<sup>th</sup> September and end week ending 14<sup>th</sup> December.

### Application Form

Name

Phone Number    
Mobile Work

Email Address

Emergency Contact    
Name Number

Are you a member of University Sports Complex? Yes  No

If yes, what is your membership type? \_\_\_\_\_

What is your membership number? \_\_\_\_\_

Do you have any illnesses/injuries/allergies that we should be aware of?

Yes  No

If yes please describe \_\_\_\_\_

I fully understand the strenuous nature of the programme and the risks associated with physical exercise. I accept responsibility for my health and well being in this voluntary exercise programme. I understand that no responsibility is assumed by DCU Sport arising out of any accident, injury or loss sustained during the course of this programme.

Signature \_\_\_\_\_

Date \_\_\_\_\_

Office Use:	
Date _____	Method of Payment _____
Amount Paid _____	Staff Signature _____