

TOP RUNNING CLUB

BEGINS THURSDAY, MARCH 19th at 6:00pm!

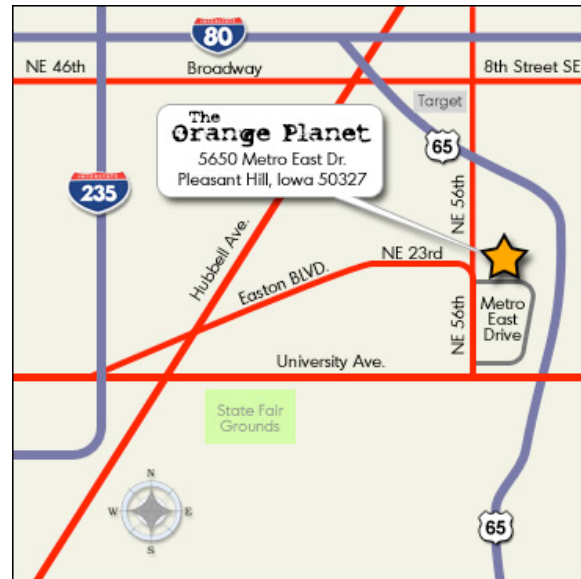
What: Formerly known as the Dam to Dam Training Group, TOP Running Club is a running group dedicated to runners of all levels preparing for the **Dam to Dam road races** on Saturday, May 30th. Des Moines will host this 5k and 20k event for all levels of runners, including **beginners and walkers**.

Where: The Orange Planet in Pleasant Hill will be the meeting place for this **10 week running program**.

When: Group runs are every Thursday at 6:00pm beginning **March 19th**.

Who: Led by Tim and Mandy Ives

Why: Meet local runners and walkers; Educate yourself on becoming a better runner or a first-time runner; Get outdoors this spring and live healthier



How:

- Register in person at The Orange Planet or mail check (payable to The Body Project) to 6965 Redbud Ct, Pleasant Hill, IA 50327
- \$40 member, \$45 non-member (add \$5 after March 16th) includes The Orange Planet t-shirt, running program, and weekly workouts
- Open to the public

NAME	PHONE	EMAIL ADDRESS
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I am aware that participation in a running program may result in an accident or injury and I assume the risk connected with my participation in the TOP Running Club. I represent that I am in good health and suffer from no physical impairment, which would limit my participation in an outdoor running program. I acknowledge that the coaches have not and will not render any medical services, including medical diagnosis of my physical condition. I specifically agree that The Orange Planet, The Body Project, and Coaches Tim and Mandy Ives shall not be liable for any claim, demand, cause of action of any kind whatsoever for, or on account of death, personal injury, property damage or loss of any kind resulting from or related to my participation in an outdoor running program and any activity within the club premises, and I agree to hold coaches harmless from the same.

SIGNATURE	DATE
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