



Run to the Pub

Fleadh 5K Training Program

Sponsored by Blarney Stone Pub

Join us for a six-week challenge to help you train for the Oak Forest Fleadh 5K race on March 10, 2012. All skill levels are welcome to join. The program will be taught by Kelly Devine Rickert, a registered dietitian with a master's degree in nutrition and a certificate in personal training. Kelly is a board certified specialist in sports nutrition and an avid runner that trains for marathons and half marathons regularly. Check out her Web site at www.kellydevinenutrition.com.

Participants will meet every Tuesday at 6:30 p.m. at Blarney Stone Pub at 15400 S. Cicero Avenue for six weeks starting January 31. Each training session will focus on running/walking and stretching. All fitness abilities are welcome and encouraged to participate. Please dress warmly!

The cost is \$30 per person and includes a t-shirt, a free beer and appetizers after each run at Blarney Stone Pub.

Please return the application and payment to Devine Nutrition at 6840 W Winding Trail, Unit 401, Oak Forest, IL 60452. Checks should be made payable to Devine Nutrition. If you have any questions, please call 708-612-0876.

To sign up online, visit

<https://www.signmeup.com/site/reg/register.aspx?fid=DF2VNJ7>.

Name: _____

Address: _____

Phone: _____

Email: _____

Age: _____

T-shirt Size: (Circle One) S M L XL 2X

THIS IS AN IMPORTANT WAIVER OF LIABILITY. READ CAREFULLY BEFORE REGISTERING. I, the undersigned, intending to be legally bound, hereby, for myself, my family, my successors, assignees, heirs, executors, and administrators, forever waive, release and discharge any and all rights, claims for damages, causes of action whether in law, equity or otherwise, known or unknown, that I or any of them may have against sponsors, coordinating groups and any individual associated with the Oak Forest Chamber of Commerce's Oak Forest Fleadh 5K, (the "event") or Run to the Pub Training Program for any and all injuries suffered by me in connection with said event. I attest that I am physically fit and have sufficiently trained for the completion of the event, and that my physical condition has been certified by a licensed medical doctor. I am aware of the dangers and precautions that must be taken when running in warm or cold conditions and on uneven surfaces and further assume and will pay my own medical and emergency expenses in case of an accident, illness or incapacity regardless of whether I have authorized such expenses. No entry will be accepted without an agreed-to Waiver of Liability.

Signature

Date