



## REGISTRATION INFORMATION

Name: (please print) \_\_\_\_\_

Mailing address \_\_\_\_\_  
\_\_\_\_\_

e-mail address \_\_\_\_\_

Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Phone \_\_\_\_\_ Gender \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Phone \_\_\_\_\_

Have you read and signed the training waiver? **Y / N**

You must sign and return the waiver in order to participate in the training program.

Training Level:  16 week       16 week + Core       8 week       8week + Core

In order to complete registration and guaranteed your place in the training class, you must make payment through the payment link at <http://soledimensions.com/training-payment/>, in person at SoleDimension, or when registering for the race in which you are participating.

Payment made by:  Payment link       In person       During race registration

I verify that all the above information is correct. If I have questions about training I will contact SoleDimensions at [info@soledimensions.com](mailto:info@soledimensions.com) or call 919-424-9796.

signed \_\_\_\_\_ date \_\_\_\_\_

**Contact:** Ellie Penner 919.424.6796  
[info@soledimensions.com](mailto:info@soledimensions.com)  
<http://soledimensions.com/fall-marathon-10k-training/>

