



2024

‘Junior Elites’



“More than a Good Time!”



Wire2Wire Jr. Elite Membership Waiver of Participation

I understand that my son/daughter—as a member of the *Wire2Wire Jr. Elite Running Club*—will be participating in such organized group runs, social events, and/or races with this club that are potentially hazardous activities, which could cause injury or death. My child will not participate in any club organized events, group training runs or social events, unless he/she is deemed medically able and properly-trained, and by my signature, I certify that he/she is medically able to perform all activities associated with the club and is in good health, and I am properly-trained according to a doctor.

I agree to have my child abide by all rules established by the club, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with my child being a member of this club and participating in club activities which may include: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, uneven footing, traffic and the conditions of the road or trail or walking path or sidewalk, all such risks being known and appreciated by me.

Having carefully read this waiver and knowing these facts and in consideration of your accepting my child's membership, I, for myself and anyone entitled to act on my behalf, hereby consent to waive and release and agree to hold harmless the *Wire2Wire Running*, the city of Cartersville, and the *Road Runners Club of America*, all club sponsors, employees, directors, their representatives and successors from all claims or liabilities of any kind arising out of my child's participation with the club, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record for any legitimate promotional purposes for the club.

I am aware that by signing this consent as my child's legal guardian, I assume all risks and waive and release certain substantial rights that I have or possess against *Wire2Wire Running*.

Parent Signature: _____

Date: _____

My Child's Name: _____



2024 Running Club Membership

Individual Family* (less \$15/kid)

\$155 INITIAL MEMBERSHIP (1 Yr.)

\$75.00 RENEWAL Fee

Name _____

Address _____

Date of Birth _____

Allergies: _____

Mother's Name _____

Email _____

Cell: () _____

Father's Name _____

Email _____

Cell: () _____

I.C.E. Contact Person: _____

I.C.E. Phone #:() _____

S. W. A. G.

Race Singlet (*circle one*): Adult: S M L

T-shirt: (*circle one*): Adult: S M L

Warm-Up (*circle one*): YM YL YXL Adult S

1. How would you describe yourself as a runner?

- Novice; Not at all competitive
- Beginner; Completed a few 2 mi. races or 5K's
- Year-round runner; somewhat competitive
- Competitive Racer/Elite

2. What year did you start running? _____

3. Check ALL that interest you.

- Long Runs
- Interval workouts
- 5K Races (local)
- 5K Races (within 1 hr. drive of Cartersville)
- Volunteering at local 5Ks
- Track meets

4. Which race distances have you run?

- 2 mi. Cross Country 5K 10K



HOW OUR PROGRAM WORKS...

Program Director: Coach David Matherne

Email: david@wire2wirerunning.com

*Coaching Staff: David Matherne, Matt Terry,
David Gierlak, Sherry Spinks, Dr. Joell Hathaway*

This program is open to all youth—ages 10-18—
regardless of ability.

2024 Fee Structure

Make checks out to: *Wire2Wire Running*

\$155.00 REGISTRATION FEE *

This fee* includes:

- Registration
- Warm-up jacket
- Racing Singlet
- T-shirt
- String bag
- Discounts on local Road Races
- Additional SWAG

NOTE: Registration fee of \$145 does not include any
Training Sessions. They must be purchased separately.



TRAINING SESSIONS

\$250 *First* 20-session Training 'Cube'

\$230 Each 20-session Cube *after* that

\$150 10-session Training 'Cube'

\$ 20 An individual training session

Why a 'Cube?'

A Cube has six (6) distinct sides.

Training has 6 essential components:

Three (3) are **mental**...Three (3) are **physical**.

Mental:	Goal-Molding
Mental:	Focus
Mental:	Grit
Physical:	Strength
Physical:	Endurance
Physical:	Speed

*(Reg. fee reduced for multiple-members of family joining)



www.wire2wirerunning.com



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