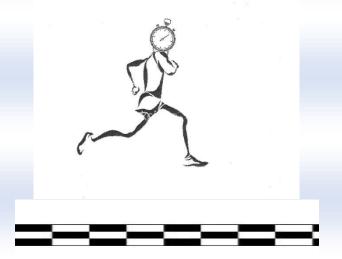




# **Adult Running Club**





"More than a Good Time!"

# THE Wire2Wire MISSION:

"W2W's purpose is to provide a network for a spectrum of runners to train together, race together, and socially connect, thus promoting overall fitness and wellness."



<u>Program Director</u>: Coach David Matherne Email: <u>david@wire2wirerunning.com</u>

This program is designed for adults (*ages 18-98*) and is open to ALL runners, regardless of ability.

### 2024 Membership Fees

\$75 General Membership (Additional items available \*\*)

\$150 Premium Package

(This fee also includes Warm-up Jacket & Racing Singlet)

(Checks made out to: Wire2Wire Running)

\*General Membership gets you this SWAG:

- Membership Registration
- T-shirt
- String bag
- The ever-coveted W<sub>2</sub>W wristband!
- Major discounts on certain Road Races

\*\* Available gear--sold separately

- Warm-up jacket (\$70)
- Racing Singlet (\$35)

Each Tuesday, the *W2W Running Club* will have a workout/run at 6:02pm sharp. *Rain or Shine.* 

Dellinger Park Track
Athlete's Locker
Sam Smith Park
Downtown 'Friendship Plaza' **
Venue to be determined

\*\* After the run, we'll have a post-run social hour.

Individual training sessions, led by Coach David Matherne, are also available.



## 2024 Running Club Membership

[] Individual [] Family

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Address

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Email\_\_\_\_\_ Phone (

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Date of Birth \_\_\_\_\_ Allergies \_\_\_\_\_

#### **NOTE:** ADULT SIZING

T-shirt Size: ( <i>circle one</i> )	S	Μ	L	XL	XX
Race Singlet: (circle one)	S	Μ	L	XL	XX
Warm-Up: (circle one)	S	Μ	L	XL	XX

\_\_\_\_\_

#### How would you describe yourself as a runner?

- [ ] Novice; Not at all competitive
- [ ] Beginner; Completed a few 5K's
- [ ] Year-round runner; somewhat competitive
- [ ] Competitive Racer/Elite

#### \_\_\_\_\_

#### Check <u>ALL</u> that interest you.

- [ ] Group Runs by ability
- [ ] Saturday morning runs
- [ ] Weekday early morning runs
- [ ] Weekday evening runs
- [] Long Runs
- [] Interval workouts
- [ ] 5K Races (local)
- [ ] 5K Races (within 1-2 hrs. of Cartersville)
- [] Club Socials
- [ ] Volunteering at local 5Ks
- [ ] All-Comers track meets (in Atlanta)
- [] Mentoring new runners
- [ ]10K training
- [ ] Marathon training
- [ ] Having an individual coach/personal training

Almost Done.... @...0.1 mi. to go!!

- Q. What year did you start running?
- Q. Which race distance(s) have you run?
- [ ] 5K [ ] 10K [ ] Half [ ] Marathon



www.wire2wirerunning.com





WWW.wire2wirerunning.COM



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