



## Adventure Fitness and Running Club

**Sign up and train for the upcoming Riverfront Revolution  
10K/5K Run/Walk, 1-mile Fun Run and Kiddy Run at  
National Harbor 9 May 2009**

**Our running/walking conditioning program has helped hundreds of people get off  
the couch and onto the roads, running 3-6 miles in just twelve weeks.**

Each session will help you focus on improving your individual goals...whether its improving on your athletic performance, weight loss/management, stress relief, overall health & fitness conditioning, or helping you achieve a personal best at your next running event.

Unlike other programs, T4L unique training program offer myriad events, activities, workshops, and outings throughout the year to keep your fitness game ready to embark on any challenge.

**We provide the coach, daily training plan, motivation, nutritional guidance,  
workshops, support, and the encouragement to have fun while achieving your  
personal best!**

Meet Saturday (mornings) and possibly Wednesday evening at designated locations. (Must register in advance to participate and receive training schedule, training location, and other information on planned events. Annual fee: \$275.00. This club is ideal for runners, outdoors lovers, weight management, and health conscience people. Novice and beginners welcome. Children and people with disabilities are encouraged to participate.

### *Complete application for each participant*

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Address: \_\_\_\_\_ City/State: \_\_\_\_\_

Phone: \_\_\_\_\_ Age: \_\_\_\_\_ M/F: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Special Needs: \_\_\_\_\_

Donation: \_\_\_\_\_

Volunteer (indicate specialty): \_\_\_\_\_ Sweat Shirt /Pant Size \_\_\_\_\_

Please read and sign: I am/or my child (if under 18yrs old) is medically able and fit to participate in the Taylored 4 Life fitness program. I assume all risk associated with physical fitness training and will not hold TAYLORED 4 LIFE, VHWF, or Riverfront Revolution or its employees/associates accountable for any injury or illness that may occur while undergoing training. Please sign and send along with payment: TAYLORED 4 LIFE, PO Box 4204, Capitol Heights, Maryland, 20791 (301) 499.3198 email:

[taylor4life@mindspring.com](mailto:taylor4life@mindspring.com) website: [www.taylor4life.com](http://www.taylor4life.com)

Signature: \_\_\_\_\_ Date: \_\_\_\_\_