

Phidippides Track Club is dedicated to track specific training for runners and fitness enthusiasts of all ages and abilities.

"The will to win means nothing if you haven't the will to prepare."

-Juma Ikangaa, 1989 NYC Marathon winner

www.phidippides.org





Membership Registration Form

Name _____

Address _____

City _____ ST _____ ZIP _____

Email _____ Age _____ Sex _____

Day/Evening Phone _____

Type of Membership: New: _____ Renewal: _____
 Annual Dues: Individual: \$25 _____ Family: \$30 _____

If family, list others—name/age:

Membership is from March to March. Dues are pro-rated for new members only from October-February \$10.00. Make checks payable to:
 Phidippides Track Club
 Mail to: Brad Breland
 7538 S. Rosemary Circle
 Englewood, CO 80112
 For membership information, Call Brad at 303-721-1520 or Email: runninghog@aol.com

In consideration of acceptance of my membership in Phidippides Track Club, I for myself, my heirs, administrators and assigns, hereby waive, release and discharge any and all rights and claims of damages against Phidippides Track Club and its officers and agents for any claims of damages in any manner arising or resulting from my participation in any activity conducted by or under the auspices of Phidippides Track Club.

Signature _____ Date _____

Phidippides Track Club one of Denver's oldest running clubs and the only one dedicated to track-specific training for runners and fitness enthusiasts of **all ages and abilities**. Our mission is to enhance quality of life, promote social interaction, and develop physical fitness and wellness through running for fun and competition. We provide scheduled interval track workouts and social activities to improve the knowledge and enjoyment of running and training.

Members receive a 15% discount at area running stores. The cost savings on a couple of pairs of shoes could pay for the annual dues alone! See the Registration form on next page for more details.

Our weekly track workouts designed to improve running techniques and speed are held every **Tuesday, at 5:45 to 6:45 PM, March through October** at the track next to Bellevue Elementary School near the intersection of Bellevue and Yosemite by the east entrance to Cherry Creek State Park—see map.

Whether you're a sub-5 minute miler or prefer a more leisurely 12 minute/mile pace, we have members running at your speed. Not sure of your speed, we'll help you find the right pace group to run with - come join us!

