



## Real Racine Half Marathon & 5K

PROUDLY SPONSORED BY KENOSHA RUNNING COMPANY, INC.

**Kenosha Running Company is excited to be involved in the first Annual Real Racine Half Marathon & 5K on September 28 & 29**

### Real Racine Half Marathon & 5K Training Programs

Looking to run your first 5K or Half Marathon or perhaps a new PR? If yes, then we have an ideal program for you! Starting the week of June 23rd, and continuing through the week of the event, we will be developing a personalized program in a group setting.

#### OUR PERSONALIZED GROUP PROGRAM INCLUDES:

1. Running form evaluation.
2. Dynamic warmup drills to increase your strength, stability, range of motion, and improved running form.
3. Customized work outs based on your current level of fitness and race day goals.
4. Core development, proper foam rolling and stretching.
5. Once a week group workouts.
6. Access by phone, text and email through out the training process.
7. Discount of 25% on all regular priced shoes.

Questions?? Call Brian Thomas at  
262-925-0300 or email [briant@kenosharunningcompany.com](mailto:briant@kenosharunningcompany.com).

**READY TO SIGN UP?** Complete the following form and mail to:  
Kenosha Running Company, PO Box 126, Kenosha, WI 53141

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**For more information on the Real Racine Half Marathon & 5K**  
<https://www.racinehalfmarathon.com/>



# Real Racine Half Marathon & 5K TRAINING PROGRAMS

COMPLETE THIS FORM  
AND MAIL TO:  
Kenosha Running Company  
PO Box 126, Kenosha, WI 53141

## REGISTRATION CATEGORY

- 1/2 Marathon Training Plan (billed monthly) - \$125.00  
 3-Month 1/2 Marathon Training Plan - \$375.00  
 5K Training Plan (billed monthly) - \$125.00  
 3-Month 5K Training Plan - \$375.00

First name: \_\_\_\_\_

Last name: \_\_\_\_\_

E-mail: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone number: \_\_\_\_\_

Birthdate: \_\_\_\_\_

Gender:  Female  Male

I hereby accept all risks associated with participating in a physical fitness program/training program from Kenosha Running Company. I release and forever discharge Kenosha Running Company, its owners, employees, or other agents from any and all responsibilities, damages, or other liability issues resulting from or in any way related to my participation in any of the physical fitness program/training components from Kenosha Running Company. I acknowledge that I am willingly choosing to participate in any activities that may potentially result in damage to personal property, serious injury, disability, or death. I further acknowledge that there may other risks not easily foreseeable at this time. I hereby assume full responsibility for all the known and unknown risks and waive all claims of injury to my body or property. I also acknowledge that Kenosha Running Company offers the most effective programs known at the current time but, as individuals respond differently to the same program, cannot guarantee the safety or effectiveness of the program. Therefore, the products and services offered by Kenosha Running Company are done so without warranties or guarantees expressed or implied. Furthermore, I understand that a physician's approval is recommended before starting any physical fitness program and I have obtained that approval or acknowledge the risks and state I am in good physical condition. I acknowledge I am 18 years of age or older and agree to all statements. I acknowledge I have been given the opportunity to ask questions about the contents of this document. I understand the risks and benefits and agree to discharge, release, and hold harmless Kenosha Running Company, its owners, or other agents from any and all liability for damage claims or losses resulting from my participation in a Kenosha Running Company fitness/training program. I sign this voluntarily and with full acknowledgment of its significance.

I have read, understand, and agree to this waiver:

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

Additional Signature: \_\_\_\_\_

Signature Parent/Guardian (if under 18): \_\_\_\_\_