

You don't stop running because you get old. You get old because you stop running. -Jack Kirk

India Association of Memphis invites you a workshop on Running. Join us to discover the pleasure of the most primal and fundamental of human skills, running. Recent studies have shown that the human body is well designed to run. The workshop will help you understand the fundamental principles of a good injury-free running program. We have assembled a team of experienced endurance runners to share some best practices that will help you to kick-start your recreational running program. The workshop is designed for beginners to advanced runners.

The workshop is free and will be held on 14th May 2011, Saturday at 3 pm, Collierville Library. The workshop will be lead by team consisting of Santosh Kumar , Joel Lyons and Daniel Randolph. Following is a brief background about the speakers:

Santosh Kumar, is recreational long distance runner and has completed 11 marathons till date and multiple sub-marathon distance races.

Joel Lyons is a professional Physical Therapist, and an accomplished long distance runner having completed over 20 marathons, including the prestigious Boston Marathon.

Daniel Randolph is a recreational ultra runner having completed multiple 50k , 50 mile and 100 mile endurance runs.

In the workshop you will learn:

I. Runners basic: An Introduction

- An Introduction to recreational running and road –racing
- Key elements of a good running program.
- Common Myths and misconceptions
- Introduction to runner's Nutrition and guide to finding it in Indian cuisine.
 - Race day nutrition
 - Supplements

II. Running Tips for Women

III. Introduction to Trail Running and Endurance running

IV. Primer to an effective running program

- Training strategies 5k to 26.2.
- Gait deviations and good form.
- Cross training,
- Overview of important muscle groups.

- Common injuries and how to avoid them
- Demos Strengthening and stretching methods.
- Shoes: what's best for you?

30 minute run around the Halle park

Please come in your running clothes and shoes, there will an opportunity to practice stretch routine and Weather permitting, we will also run 30 minutes around the Halle park lake. Hydration will be provided .

Participation form

Name:

Age:

Contact number :

Email:

Running background

- Have rarely run in my adult life
- Have run moderately last few years , but inconsistent .
- Have run moderately last 1 year and participated at least in one 5k or 10k races.
- Regular runner and participant in half marathon or marathon races.

What is your biggest barrier to running?

What are your fitness goals?

Please email your forms to -----or fax the signed form to 267-295-8322.

Waiver of Liability, Assumption of Risk, and Indemnity Agreement

Assumption of Risks: Physical activity, by its very nature, carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. The specific risks vary from one activity to another, but the risks range from 1) minor injuries such as scratches, bruises, and sprains 2) major injuries such as eye injury or loss of sight, joint or back injuries, heart attacks, and concussions 3) catastrophic injuries including paralysis and death.

I have read the previous paragraphs and I know, understand, and appreciate these and other risks that are inherent in the activities made possible by the IAM Programs.

I hereby **assert that my participation is voluntary and that I knowingly assume all such risks.**

Indemnification and Hold Harmless: I also agree to INDEMNIFY AND HOLD The officers and organizers of IAM workshops from any and all claims, actions, suits, procedures, costs, expenses, damages and liabilities, including attorney's fees brought as a result of my involvement at the Running Workshop .

Acknowledgment of Understanding: I have read this waiver of liability, assumption of risk, and Indemnity agreement, fully understand its terms, and **understand that I am giving up substantial rights, including my right to sue.** I acknowledge that I am signing the agreement freely and voluntarily, and **intend by my signature to be a complete and unconditional release of all liability** to the greatest extent allowed by law.

Participant Signature

Date:
