



549 W Randolph Street, Suite 704 • Chicago, IL 60661
 Phone 312-666-9836 • Fax 312-781-1736

CARA's 2007 Beginning Running, 5k & 10k Training Programs

Name _____ CARA # _____

Address _____

City, State, ZIP _____

Home Phone (_____) _____ Work Phone (_____) _____

E-Mail Address _____ Gender _____ Birth Date _____

Shirt Size (circle one) Small Medium Large X-Large XX-Large

Program (circle one) Beginning Running 5k Training 10k Training

Site and Session (circle one)		Spring	Summer	Fall
Chicago – Lincoln Park	Tue, 6:30 PM ▶	May 1 - Jun 19	Jul 10- Aug 28	Sep 11 – Oct 30
Chicago – Downtown	Thu, 6:00 PM ▶	May 3 - Jun 21	Jul 12 – Aug 30	Sep 13 - Nov 1
Mt. Prospect	Mon, 6:30 PM ▶	Apr 30 - Jun 25	Jul 9 – Aug 27	Sep 10 – Nov 5
Palos Heights	Tue, 7:00 PM ▶	May 1 - Jun 19	Jul 10 – Aug 28	-----
Wheaton	Thu, 7:00 PM ▶	May 3 - Jun 21	July 12 – Aug 30	-----

Registration Fees (per session)

Use the Member rate if you are joining CARA while registering for this program

CARA Member – enter \$50 \$ _____
 Non-Member – enter \$75 \$ _____
 CARA Member – Previous participant* – enter \$35 \$ _____

* In CARA's Beginning Running, 5k or 10k Training Program

CARA Membership – Join CARA and SAVE

One-year individual – add \$38 \$ _____
 Two-year individual – add \$65 \$ _____
 One-year family – add \$60 \$ _____
 Two-year family – add \$90 \$ _____

Total \$

Payment Method (circle one)

Cash Check \$ _____ VISA MasterCard Discover American Express

Credit Card # _____ Expiration _____

Credit Card Security Code: _____ (this number must be included to process your registration)
 For Visa, MasterCard and Discover; this is the last 3 numbers printed in the signature area of the back of the credit card.
 For American Express, this is the 4-digit security code printed on the front of your card on either the right or the left side.

Note – In order to participate in CARA training programs, you must sign the waiver below. The registration fee must be paid before beginning any program. No refunds will be issued in full or in part for any reason, including injury, after a program begins. No prorated fees are provided for late enrollments. Participants must be 18 years or older. No prorated fees are provided for late enrollments.

Waiver – In consideration of being permitted to participate in CARA's Training Programs, I do hereby, for myself and heirs and personal representatives, release and discharge the Chicago Area Runners Association, Children's Memorial Hospital, Chicago Park District, River Trails Park District and their affiliates, agents, employees, officers, directors, successors, assigns, and all other persons connected with this program, from any and all liabilities on account of any injury, death, or damage growing out of my participation, whether caused by their negligence or otherwise. I am physically fit and sufficiently trained to participate in this program and recognize the risks involved, and intend by this release to assume full responsibility for anything that might happen to me.

Signature _____

Date _____