swim
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Wendy Mader Alvarez
MS, USAT Level II Coach

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970.308.4499

t2 COACHING

PRESENTS

2011-2012 Indoor Triathlon Series

Fort Collins Club

GET FIT | GET FAST | GET STRONG

swim bike run swim bike run swim bike run swim bike run swim bike run swim bike run swim bike run

SAVE THE DATES!

Five Sundays:

October 23rd
December 4th
January 22nd
March 4th
April 29th

15 MINUTE swim
15 MINUTE bike
15 MINUTE run

Youth
9-12 | 12-15 | 16-19

Men & Women
20-29 | 30-39 | 40-49 | 50-59 | 60 and older

FORT COLLINS CLUB
1307 E Prospect Road Fort Collins CO 80525

First wave starts at 7:30 am
Consecutive waves begin every 20 minutes

Each participant wins a prize donated
by sponsors, Fort Collins Club,
Runners Roost, Timex and Powerbar

Raffle Prizes | Refreshments

COST
$15/race | Prepay $60 for 5 races

t2 COACHING

PHILOSOPHY

My aim as a coach is to help you reach your athletic goals through education, mentoring and creating highly customized training plans. In order for you to show positive growth in the direction of your goals, there are several things that will help us work together most productively. Making the most of my coaching, most importantly, includes good communication. And, if you want to increase your development as an athlete, you need to make certain you do everything in your power to live as healthfully as possible. You will receive the highest quality training program designed to maximize your performance. However, it is WHAT YOU DO with the information that really counts. My role is to facilitate your journey as an athlete! Ultimately, it is up to you to go out and make your goals and dreams a reality!

Registration

Read and complete the following, submit to Wendy Mader along with your entrance fee to register.

I am in good health and my participation in a program of physical activity had been approved by a medical doctor.

I assume all the risks of participation in The Fort Collins Club and t2 Indoor Triathlon Series.

In consideration of participating in the Indoor Triathlon Series, I hereby take the following action for myself, my executors, administrators, heirs, next of kin, successors or anyone else who may claim or sue on my behalf. (A) I waive, release and discharge from any all claims, costs, or liabilities for death, personal injury or damages or any kind, which arise out of my training or competing in athletics, the following persons or entities: t2 **COACHING**, Fort Collins Club its partners, coaches, consultants, and agents of any of the above (B) I agree not to sue any of the persons or entities mentioned above for any of the claims, costs or liabilities that I have waived, released or discharged herein: and (C) I indemnify, defend, and hold harmless the persons mentioned above from any claims made or liabilities assessed against them as a results of my actions except those resulting from willful action or gross negligence of t2 **COACHING.**

I am solely responsible for my debits as a result of services rendered by t2 coaching.

I affirm that I am eighteen years of age or older.
I have read this document and understand its contents.

Name _____ Age _____ ☐ M ☐ F

Phone _____

Email _____

_____

Signature Date

CASH OR CHECK ONLY

Mail payment to:
t2 Coaching - Wendy Mader
POBOX 1974 Fort Collins CO 80522

swim bike run swim bike run swim bike run swim bike run swim bike run swim bike run swim bike run swim bike run