

# 17<sup>th</sup> Annual CTC Women's Four Miler Training Program

Women of all ages are invited to participate in the 17<sup>th</sup> Annual CTC Women's Four Miler Training Program. Join us for 11 consecutive Saturdays of group training and talks by experts on a variety of women's health topics. You may attend any or all sessions. Walkers and runners of any level are welcome. No experience necessary!

**Where:** UVA track (next to Klöckner Stadium). Free parking at University Hall.

**When:** Saturdays beginning **June 19<sup>th</sup> at our new "Stay cool" start time, 7:30am!**  
Registration 6:45-7:30am

**What to bring:** Water bottle, sunscreen, and either a large towel or a folding chair.

**Cost:** \$20.00 Registration fee - \$15.00 CTC members  
*includes a training manual and a book or reading material on women's fitness.*  
*Mother/daughter teams (age 14 and under - to train together) \$30.00 per team (1 mother/1 daughter/1 training manual), additional daughters (under 14, training together) \$10.00 each. Replaces previous Crazy Legs program.*

Online Registration for the 2010 W4MTP will open May 1<sup>st</sup> at [www.w4mtp.com](http://www.w4mtp.com).

**Registration and early packet pickup**

Thursday, June 17<sup>th</sup> & Friday, June 18<sup>th</sup>  
11am-1pm & 5-7pm at ACAC Albemarle Square

For more information contact:

Joan Esposito, Program Director, (434) 951-5137  
or [info@w4mtp.com](mailto:info@w4mtp.com)



\_\_\_\_\_  
Last Name

\_\_\_\_\_  
First Name

## 2010 CTC Women's Four Miler Training Program Registration Form

**To register:** Go online to [www.W4MTP.com](http://www.W4MTP.com) and register **or**  
Mail form to W4MTP, PO Box 5362, Charlottesville, VA 22905 **or**  
Bring this form to any Saturday training session at the track.

PLEASE PRINT CLEARLY

Name: \_\_\_\_\_ Age: \_\_\_\_\_

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

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

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

I support the training program by including an additional \$ \_\_\_\_\_ with my registration fee for a total of \$ \_\_\_\_\_.  
We accept cash or checks payable to W4MTP.

I hereby assume all risks of injury or illness associated with participating in this training program. I also grant permission for the use of any photograph or other recordings of this event for any legitimate purpose. I, for myself and anyone on whose behalf I am entitled to act, by my signature below, waive and release the Charlottesville Track Club, all sponsors, and/or representatives from all claims or liabilities.

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

Parent/Guardian \_\_\_\_\_ Date: \_\_\_\_\_

(must sign for participants under age 18)



**THERE IS A SEPARATE REGISTRATION & FEE FOR THE RACE ON SEPTEMBER 4<sup>TH</sup>**

Go to <http://www.dominiondigital.com/womens4miler> to register starting Saturday, June 26, 2010

Race proceeds support the UVA Breast Care Program

