SWIM bike.run



Wendy Mader Alvarez
MS, USAT Level II Coach

wendy@t2coaching.com 970.308.4499

www.t2coaching.com



PRESENTS

2015

Indoor Triathlon Series



GET FIT GET FAST GET STRONG

# SAVE THE DATES!

Four Sundays:

January 25th
February 22rd
March 29th
April 26th



#### YOUTH & ADULTS WELCOME!

## 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 \$50 for 4 races (for all ages)



# **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 vour development as an athlete, vou 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 £2 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:

12 Coaching - Wendy Mader

1440 Edora Rd #22 | Fort Collins CO 80525