

Enrollment Information and Instructions

The Wabash Valley Roadrunners welcomes you to Trained in Terre Haute 2018! TNT, as our program is commonly referred to, is a 16 week training program to prepare athletes of all levels to complete (and compete) in a spring Half-Marathon. There are several Half-Marathons in the spring that will fit into this training schedule. We will also continue to take a group to Indianapolis for the Indy Mini Marathon on May 5th.

The directors and coaches are preparing for another great year of training and we look forward to your participation. This will be our 18th year of serving the community through the TNT program. This program has introduced so many to the joys of fitness, health and friendship through running and walking. We at WVRR are proud of the opportunity you give us each year and hope that you join us, not only in making a great year for TNT, but continue your effort through active participation in your local running club and its activities.

An informational and registration meeting for Trained in Terre Haute will be held on **December 12, 2017 at 7:00 at the Vigo County YMCA. Training will start on January 9th at the same location and time.** The January 9th meeting will officially kick-off training and is a mandatory meeting. In addition to distributing books and training shirts, we will have a brief clinic focusing on training theory, winter running and common injuries and their prevention. There are some new things for TNT this year so make sure you attend.

In the interest of safety and common sense, we recommend that any one registering for TNT who is not currently acclimated to performing rigorous physical activity get medical approval before enrolling.

This packet includes two items, a Trained in Terre Haute Registration Form and the One America Indianapolis Mini Marathon Entry Form. **Both must be correctly and completely filled out. It is very important that you provide us with an e-mail contact. This is our primary method of communication throughout the program.** The application(s) must be received no later than **January 2, 2018.**

This year, we will offer three tiers of participation in the TNT Program:

	TOTAL INDY MINI PACKAGE	INDY MINI PACKAGE – w/o REGISTRATION	HALF-MARATHON TRAINING PROGRAM ONLY
Cost	\$155	\$90	\$65
Includes:			
One-Year Membership to WVRR	X	X	X
Entry into Indy Mini Marathon	X		
Courtesy Packet Pickup in Indy	X	X	
Chartered bus transport to/from Indy Mini	X	X	
Party tent and bag storage at Indy mini	X	X	
Long-Sleeve Technical Training shirt	X	X	X
Training clinics	X	X	X
Discounted fitness club memberships	X	X	X
20% disc at Pacesetter Sports	X	X	X
10 Mile High Pizza Party	X	X	X
Goal-oriented training schedule	X	X	X
Training & seeding 5k & 10k time trials	X	X	X
Race singlet	X	X	X
Indy Mini pre-race pasta dinner	X	X	
Post-training party	X	X	X
FUN ALL WINTER LONG	X	X	X

If you are doing the Indy Mini we strongly urge that you enter through TNT. (Our arrangement with the race organizers allows us to monitor these entries and ensure that they are correct. It also allows us to pick up all of the registration packages from Indianapolis and bring them back to Terre Haute.)

The TNT training levels are defined as follows:

Fitness Walker - The athlete intends to walk the entire 13.1 miles, current fitness level is not relevant.

Beginning Runner - The athlete is new to running and may find it necessary to walk short intervals.

Intermediate Runner - The athlete has done TNT before or has run races of 10k or longer.

Advanced Intermediate Runner - These athletes are interested in running faster regardless of current pace. This is a performance-based training group and the workouts will be more difficult. Runners in the advanced groups will receive a more individualized training schedule complete with goals and will be expected to take part in the Training Series Races time trails. If you want to get faster and fitter you may be interested in this group! This group's primary focus is on those wishing to run the a half-marathon in under 2:00.

Advanced - The athlete wishes to run faster regardless of current pace. This is performance-based training and more individualized. The group is primarily for those wishing to run the mini under 1:40.

You may switch levels provided you tell both coordinators.

Any questions?

**E-mail: Buddy Green at buddygreen1@icloud.com or
Ellie Caldwell at ecaldwell@sackrider.com
or share on the WVRR Facebook page.**

We are looking forward to training with you!

TRAINED IN TERRE HAUTE 2018 REGISTRATION FORM

Information

PLEASE COMPLETE ALL ITEMS ON APPLICATION

Last Name _____		First Name _____		Training Level (check one)	
Street Address _____				Walker _____	
City _____		State _____ Zip _____		Beginner _____	
Daytime Phone _____		Evening Phone _____		Intermediate _____	
Emergency Contact _____		Phone _____		Int. Adv. _____	
Email Address (Must Provide) _____				Advanced _____	
Male _____ Female _____		Birthdate _____		Average Weekly Mileage _____	
Long Sleeve T-Shirt Size (Unisex) Small Medium Large X-Large XX-Large				Pace per Mile _____	
Singlet (Tank) Size M F Small Medium Large X-Large XX-Large (Men's Only)				Yes! I am interested in being a coach. _____	

Waiver

Before starting any exercise program, you should consult your physician.

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter to participate in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risk associated with running and volunteering to work in club races, including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these Wabash Valley Road Runners Club, Inc. and its officers and agents, all sponsors, their representatives and successors including Road Runners Club of America, its officers, directors, agents and employees, from all claims of liabilities of any kind arising out of my participation in these club activities even though liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature _____	Date _____	Parent Signature if Under 18 _____	Date _____
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Payment Options

Total Indy Mini Package	\$ 155	_____
Indy Mini Package (w/o registration)	90	_____
Please provide your Indy Mini Registration Confirmation # _____		
Half-Marathon Training Program (I will not be running the Indy Mini)	65	_____

Make check or money order payable to "Trained in Terre Haute-WVRR"
Send application and payment to:
Trained in Terre Haute
c/o Ellie Caldwell
2425 N 8th St
Terre Haute, IN 47804

There is no transfer of membership/participation/race entry

ALL APPLICATIONS MUST BE RECEIVED NO LATER THAN TUESDAY, JANUARY 2, 2018.

ONEAMERICA 500 FESTIVAL MINI-MARATHON AND FINISH LINE 500 FESTIVAL 5K / SATURDAY, May 5, 2018

INDICATE THE EVENTS YOU ARE ENTERING AND/OR ITEMS YOU ARE PURCHASING. NO REFUNDS OR TRANSFERS. ONE PARTICIPANT PER ENTRY FORM. ENTRY FORMS MAY BE PHOTOCOPIED.

1 last name

2 first name

3 email address

4 street address

5 city

6 state/province

7 zip/postal code

8 country (if not U.S.)

9 telephone number

10 date of birth 11 sex (M/F) 12 race day emergency contact name
 month day year

13 race day emergency contact phone number

14 shirt size (S | M | L | XL | XXL)
 shirt's size or you will automatically receive an XL
 T-SHIRT SIZES ARE NOT GUARANTEED

15 Estimated finishing time for ~~2018~~ Mini-Marathon () Hour () Minutes
 IF LEFT BLANK, YOU WILL BE PLACED IN THE LAST CORRAL, or if time is 2:30 or less, see section 28

16 () Runner () Racewalker () Walker

17 Did you participate in the ~~2018~~ Mini-Marathon? (Y | N)

18 Did you participate in the ~~2018~~ 5K? (Y | N)

25 WAIVER AND RELEASE OF LIABILITY

OneAmerica 500 FESTIVAL MINI-MARATHON AND FINISH LINE 500 FESTIVAL 5K AND 500 FESTIVAL TRAINING SERIES, presented by OneAmerica WAIVER REQUIRED for UNDER 18 years of age your Parent or Legal Guardian must also read and agree to this Waiver and Release. I have read the OneAmerica 500 Festival Mini-Marathon and Finish Line 500 Festival 5K entry form completely and understand the policies of the event. I know that participating in a road race is a potentially hazardous activity. I should not participate unless I am medically and physically able to do so, and it is my sole responsibility to determine if I am medically and physically able to participate in the event. I understand the nature of the event and I ASSUME ALL RISKS associated with my voluntary participation in this event including, but not limited to, falls, contact with other participants, the effects of the weather, including extreme temperatures and precipitation and traffic. Knowing these facts, I, for myself, heirs, executors, administrators or anyone else who might make a claim on my behalf, **COVENANT NOT TO SUE, WAIVE ALL CLAIMS AGAINST, AND FULLY RELEASE AND DISCHARGE** OneAmerica Festival Partners, Inc., Finish Line, Inc., OneAmerica 500 Festival, Inc. and all sponsors affiliated with the 2018 OneAmerica 500 Festival Mini-Marathon, 2018 Finish Line 500 Festival 5K and 2018 500 Festival Mini-Marathon Training Series, presented by OneAmerica, State of Indiana, Indiana Department of Natural Resources, NCAA/NCAA Hall of Operations, the Indianapolis Motor Speedway, LLC, the City of Indianapolis, the Town of Speedway, Treado Brothers, Inc., ChronoTrack, Scanco Data Systems, Burn Computer Service, race participants, race officials, workers, volunteers, and any and all officers, directors, employees and other representatives of the foregoing, and any successors or assigns of the foregoing collectively, the "Releasees" for ANY AND ALL claims or liability, including without limitation the sole or contributory negligence of any or all the Releasees, whether known or unknown, for death, personal injury (whether temporary or permanent), or property damage arising out of, or in the course of, my participation in this event. I understand and agree that information about me, including information on this form, may be provided to third parties for any legitimate purpose, including commercial marketing purposes. I further grant full permission to the 500 Festival and the Releasees, and/or agents authorized by them, to use any photographs, video tapes, motion pictures, or other record of the event for any reasonable purpose.

Signature of Applicant _____ Date _____
 Signature of Parent or Legal Guardian _____ Date _____
 (for Participants Under 18 years of age)

WAIVER MUST BE SIGNED TO BE PROCESSED

May 9 2017 for March 15, 2018

26 MINI-MARATHON SEEDING AND PREFERRED START ASSIGNMENTS

If you can run a half-marathon distance (13.1 miles) in 2:30:00 or faster, you can be seeded towards the front of the starting area. You must provide proof in the form of results from a road race that has occurred between ~~March 15, 2018~~ **March 15, 2018** and all submissions of seeding proof must be postmarked by March 15, 2018.

To submit proof please either email a link to your results at seedingproof@500festival.com or mail in your results to:

500 Festival
 Attn: Seeding Proof
 500 Festival Building
 21 Virginia Avenue, Suite 500
 Indianapolis, Indiana 46204

All proof needs to include the name, date, and distance of the race and have your name and time clearly identified. You may confirm your seeding request by visiting 500festival.com/registration and click on Confirm Mini Registration. Please allow 4-8 weeks for confirmation.

Please note: you must request seeding; your 2015 times will NOT be automatically reviewed for seeding. If you do not submit proof then you will be placed in a corral based upon your estimated finish time.

Seeding Times Chart

	3M	5K	4M	5M	6M	10K	13.1	26.2
L1	18:15	18:50	24:40	31:30	38:40	42:00	1:30	3:10
L2	19:50	20:30	27:15	35:30	43:35	45:00	1:40	3:30
L3	21:00	21:40	29:00	38:00	46:30	48:00	1:48	3:50
Pref	22:40	23:30	31:40	41:15	50:45	52:30	2:00	4:17

- I ran a time in last year's OneAmerica 500 Festival Mini-Marathon that qualifies for seeding or Preferred Start Corral (no need to submit proof). (Y | N) circle one 2015 Bib Number _____
- I will mail proof of seeding: (Y | N) circle one