

Tom Short Training Team

8th Annual

Starting Tuesday, June 13, 2017

Shelbyville, Illinois

6:30 p.m. at Shelbyville Aquatic Center in Forest Park



Sponsored by —



What is the Tom Short Training Team? It is an Eight Week program designed for the Beginner to the Experienced Runner to cross the finish line of the Tom Short 5k Trail Run. There are 4 training groups to fit the needs of all Walkers, Joggers and Runners.

Starting June 13th and each Tuesday there after, we will meet at the Shelbyville Aquatic Center parking lot at 6:30 pm. The ninth Saturday will be the Tom Short 5k Trail Run on August 5th. The program will last approximately one hour and will include the following: Pre-workout and post-workout stretching, a workout with the Training Team, a handout that will cover the workouts you need to complete that week, and all the things you need to know to complete a 5k. Unofficial training on Thursdays...same time – same place. More info at: www.daceytrail.org or www.Facebook.com/DaceyTrail

Cost \$40.00 Includes Tom Short Training Team high tech running shirt, the registration fee for the Tom Short 5k Trail Run and the race day T-Shirt, and all of the running information and fun you can take! **Questions?** Contact Lucia Grabb at 407-376-7332, Jeremy Logan at 254-6624 or Amber Logan at 254-7085.

Proceeds All proceeds will be used to construct and maintain the General Dacey Trail – located in Shelbyville

Check Payable to “SACF” Mail to: Jerry Yockey 504 North Morgan Shelbyville, IL 62565

ENTRY FORM & WAIVER

				* Male	* Female
Last Name	First Name	MI			
Street Address	City	State	Zip	Email	
Birth date	Age	T-shirt Size <input type="checkbox"/> (S) <input type="checkbox"/> (M) <input type="checkbox"/> (L) <input type="checkbox"/> (XL) <input type="checkbox"/> (2XL)			

Waiver of legal liability: By signing below, I for myself, my executors, administrators and assignees, do hereby release and discharge from liability the City of Shelbyville, County of Shelby, State of Illinois, Shelbyville Area Community Foundation, all sponsors, directors and volunteers and organizers of the Tom Short 5K Trail Run/Walk and or Tom Short Training Team, all other persons associated with the event or otherwise, and their representatives, successors, and assigns for any and all injuries suffered by me in this event, however incurred or sustained. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event and or training program.

Signature _____ (Parent if under 18) _____ Date _____