

Spring and Summer Training With Go! Training

Evening Sessions
Spring/Summer 2006
May 8th - August 17th

Join Piotr Bednarski for some challenging strength and interval training sessions! Training is based on your ability, but you will have the opportunity to train with some great endurance athletes- including top local skiers Caitlin Compton, Matt Leibsch, Garrett Kuzzy and Anna McLoon.

Strength Training- Mondays, May 8th – June 12, then changing to Thursdays, June 22nd – Aug 17th · Session begin at 6:30pm. Cost for Strength sessions only, \$225. Meeting at Peter Hobart Elementary School, St Louis Park. These are outdoor sessions. These strength sessions will involve upperbody, legs, and core exercises, as well as speed drills. We use medicine balls, body weight, and some weighted exercises. These exercises are designed for XC skiers, but are applicable to virtually all endurance sports. Ages range from 16-55 years old. Training is based on your ability, but you still get to train in a great group environment.

Track Workouts- Mondays, June 19th- Aug 14th, 6:30pm at Benilde St Margaret's HS, St Louis Park. Running intervals, speed and agility drills Cost for Track sessions, \$125 (combined strength and track, \$325). Workouts involve warm up, stretching, interval training on the track, speed and form drills, and cool down. Training is based on your ability- ages range from 15-55 year old.

Contact info: Piotr Bednarski, 952/924-0381, gotrainingus@aol.com

Directions:

Peter Hobart Elementary (Dakota Park)

<http://maps.google.com/maps?oi=map&q=6500+West+26th+St.+St.+Louis+Park+MN>

Benilde St Margaret's HS:

<http://www.bsm-online.org/bsmonline.aspx?pgID=876>

Evening Strength and Interval Training with Go! Training, Spring/Summer 2006

Name: _____

Address: _____

City, Zip _____

Phone _____

Emergency Contact with phone _____

Health issues that could affect your training _____

Cost: Strength only:	\$225
Track Workouts only:	\$125
Strength and Track:	\$325

PAYMENT INSTRUCTIONS:

Please make checks out to:

Go! Training
5032 28th Street
St. Louis Park, MN 55416

WAIVER AND RELEASE OF LIABILITY

Identification of Risk. I, _____, know that physical training for cross country skiing, running, biking, general fitness or strength involves risk of injury or property damage, which includes serious injury, including permanent disability and death. I understand that these injuries might result not only from my actions, but the actions, inactions, or negligence of others.

Assumption of Risk. I agree that I am responsible for my health and safety while training for and participating in cross country skiing, running, biking, general fitness and strength training, including any other sports or exercises I may participate in to further my training. I assume all risks, both known and unknown, connected with my participation. I understand that any physical training program should only be undertaken after a full examination by, and receipt of permission from, my doctor.

Waiver. Being aware of the risks and willing to assume them, I waive, release, and hold Go!Training, Piotr Bednarski, and owners/lessors of used premises from all claims for liability, injury, loss, wrongful death or property damage connected with my training plan and program and the exercises and sports that I undertake in order to further my training. I intend for this waiver and release to also apply to my relatives, personal representatives, heirs, beneficiaries, next of kin, and assigns.

Insurance. I currently have, and agree to maintain throughout the time I participate, sufficient medical and accident insurance. I understand that this is my responsibility and release any one else from providing it for me.

I have read this agreement and waiver carefully, understand that I give up substantial rights by signing it, and sign it voluntarily.

_____ Date _____
Participant's signature

For participants under age 18:

I consent to the above person's participation in training for cross country skiing, running, biking or general fitness and strength. I acknowledge that I assume all risks, known and unknown, and waive all claims in advance.

_____ Date _____
Parent/guardian's signature