



REGISTRATION FORM

www.sdittmer.net

sdittmer@mts.net

204-761-1101

Registration forms and etransfers to sdittmer@mts.net

Name: _____

Email: _____

Phone Number: _____

Emerg Contact Name & Number _____

Please select reason for joining:

For Fun & Fitness ☐ Training for Fall Race ☐

Please specify race, distance and/or goal for the end of the 8

weeks: _____

Fall Run Club, Sept 3rd to Oct 22nd 2025

8 weeks=\$40.00

Wednesday's at 5:30pm-6:30pm

City paths and Brandon Hills

Emails will be sent every Tuesday with the route, workout options and tips.

All fitness levels and experiences welcome!

Liability Waiver:

I, the undersigned, being aware of my own health and physical condition, and having knowledge that my participation in any exercise program may be injurious to my health, am voluntarily participating in a group running and personal training program with Stacy Dittmer.

Having such knowledge, I hereby release Stacy Dittmer from liability for accidental injury or illness which I may incur as a result of participating in the physical activity. I hereby assume all risks connected there with and consent to participate in the program.

I agree to disclose any physical limitations, disabilities, ailments, or impairments which may affect my ability to participate in the fitness program.

I consent and grant permission to Stacy Dittmer to use photographs of my image during my participation in the fitness program, for promotional purpose.

Signature: _____ Date: ____/____/____