



# Run to the Pub.. Holiday Craft Beer Series! Training Program

The running group will meet every Tuesday & Thursday for a fun run at a local brewery. Post run you will receive 1 complimentary holiday brew! Proceeds will be donated to the St. Damian Food Pantry and The Flores Family!

All fitness abilities are welcome and encouraged to participate. Runs will be held rain or shine (or snow!) If we have inclement weather, we will still meet at the bar for your beverage and prizes! (NO coaches or groups for the holiday series. Mileage will be ~2.-3 miles each week weather depending.)

The cost of the training program is \$30 for Tuesday series, \$35 for Thursdays or \$60 for all 6 runs. A pair of R2P running gloves can be purchased for \$8.00.

	<u>Tuesdays</u>
December 5 <sup>th</sup>	Tap House, Lemont
December 12 <sup>th</sup>	Hamilton's Bar, Lemont
December 19 <sup>th</sup>	Brass Tap Orland Park

	<u>Thursdays</u>
December 7 <sup>th</sup>	Sound Growler, Tinley
December 14 <sup>th</sup>	The Whistle, Tinley Park
December 21 <sup>st</sup>	Hailstorm Brewing, Tinley

Mail in flyer to 6836 Westview Dr Oak Forest IL 60452, scan to [runtothepub@hotmail.com](mailto:runtothepub@hotmail.com) or register online at <https://campscui.active.com/orgs/DevineNutrition> Follow Devine Nutrition and Run to the Pub on Facebook for the most up-to-date info!

Name: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Email: \_\_\_\_\_

Tuesday Series (\$35)	\$ _____
Thursday Series (\$35)	\$ _____
All 6 runs (\$60)	\$ _____
Winter gloves (\$8)	\$ _____
Subtotal	\$ _____
Total	\$ _____

### For credit card only:

Name on card: \_\_\_\_\_ Zip Code: \_\_\_\_\_  
Card Number: \_\_\_\_\_ Expiration Date: \_\_\_\_\_ 3 Digit Code: \_\_\_\_\_  
Signature: \_\_\_\_\_ Total Charged: \$ \_\_\_\_\_

THIS IS AN IMPORTANT WAIVER OF LIABILITY. READ CAREFULLY BEFORE REGISTERING., I, the undersigned, intending to be legally bound, hereby, for myself, my family, my successors, assignees, heirs, executors, and administrators, forever waive, release and discharge any and all rights, claims for damages, causes of action whether in law, equity or otherwise, known or unknown, that I or any of them may have against sponsors, coordinating groups and any individual associated with the Run to the Pub Training Program, Devine Nutrition or any place of business associated with the event for any and all injuries suffered by me in connection with said event. I attest that I am physically fit and have sufficiently trained for the completion of the event, and that my physical condition has been certified by a licensed medical doctor. I am aware of the dangers and precautions that must be taken when running in warm or cold conditions and on uneven surfaces and further assume and will pay my own medical and emergency expenses in case of an accident, illness or incapacity regardless of whether I have authorized such expenses. No entry will be accepted without an agreed-to Waiver of Liability.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date