

# 2010 Speed Training Clinic Signup Form

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## Instructions:

1. Print Form
2. Fill in Form
3. Drop off or mail to:  
**Runners' Choice, 207 Dundas Street, London, Ontario, N6A 1G4**

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

## Session:

Winter Session

Fall Session

## Price:

\$60.00 + G.S.T.

\$30.00 + G.S.T 2010 Marathon, Half Marathon or 5K/10K Training Clinic members

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NO REFUNDS ON CLINIC FEES.  
Pre-registration is strongly encouraged.