

# 1<sup>st</sup> Annual Circuit Training Marathon

# Lift Away the Stigma

Help Lift Away The Stigma  
Surrounding Mental Illness

**Tuesday, November 28th**

Registration begins at 4:00 pm  
At the real [FIT] life Gym, Albany, NY

Marathon starts at 5:00 pm and  
Circuit Sessions run every 30 minutes  
until 8:00 pm



Every early registrant gets a  
Swag Bag valued at \$40! 💪

**Registration:** By Nov 20 = \$35, Day of Marathon = \$40

T-shirt (based on availability),  
swag bag included for early  
registrants

Name \_\_\_\_\_

Address \_\_\_\_\_  
City State Zip

Shirt Size S M L XL XXL Age: \_\_\_\_\_ Sex: \_\_\_\_\_

If you are under the age of 18, a parent or guardian must sign.

Parent or guardian signature

Date

I represent that I am 18 or older (unless my parent or guardian has signed above), that I am physically fit to participate in the Marathon, and that my condition has been verified by a medical doctor within a reasonable period of time. I give up my right to bring an action to recover any compensation for injury or damages to me or my property arising from my participation in the Marathon, and release, to the fullest extent allowed by law, real [FIT] life and their respective agents, servants and employees ("collectively Releasees") from any claim I or my heirs, executors, administrators and assigns may have against any Releasees from all such costs, claims, losses or damages. I recognize and voluntarily and knowingly assume the risks inherent in the Marathon.

Image Release: I hereby give full consent and permission to real [FIT] life and assign the irrevocable right to use for any purpose and without compensation, the use of my image and likeness in photographs, films, videotapes and/or text copy. Furthermore, I understand that the photograph, film, videotape and/or text copy is public information and may be released by real [FIT] life at any time without further permission or consent by me.

Signature

Date

Mail form and entry fee to:  
real [FIT] life  
8 Corporate Circle  
Albany, NY 12203

OR

Online Registration and Forms  
www.realfitlife.net

(Checks payable to  
real [FIT] life)

Sponsored by real [FIT] life  
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Fitting fitness into REAL life

