

SIGN UP TO TEAM IVAN

Anyone can join Team Ivan — you just need to be aged 16 or over and able to take on the physical and mental challenge of extreme running. Our members come from all walks of life around the Oxford area. We are actively recruiting members with the help of community centres and social welfare organisations in Oxford.

Training is mainly restricted to running, with some mobility exercises thrown in. Some of the running is through mud and water, and there is quite a lot of going up (and down) hills. You don't need to be super-fit to join us – we will help you to build your fitness up over time, so that you feel confident enough to participate in extreme running events.

Our next challenge is Tough Guy 2010 – run in mid winter (31/01/10), and described as one of the world's toughest one-day endurance events (www.toughguy.co.uk).

We will be raising money for medical/healthcare charities local to the Oxford area..

Name:

Date of Birth:

Address:

Post Code:

Email:

Phone:

Declaration: I confirm that I am over 16 years of age and I accept full responsibility for my own safety. I understand that I will be taking part in extreme running events and training at my own risk and that no liability can be accepted by the organiser, Team Ivan, for any injuries sustained or any property that is lost or damaged during these events or training. I am physically fit enough to start training and will seek professional medical advice if I am in any doubt about my fitness to take part in Team Ivan's activities at any time. I agree to show respect, tolerance and support for my fellow team members.

Signed:

Date:

If you are under the age of 18 then this form must also be signed by a parent or guardian.

Name:

Relationship:

Signed:

Date:

Every penny we raise in sponsorship goes directly to the charities we support, not to meeting our running costs. However, from our own funds we can help meet the costs of participation for people who wouldn't otherwise be able to take part. We can help with kit, travel, event entry fees, etc. Our funds are limited, so please only ask for help if you need to.

I would like Team Ivan to help meet my costs [] I will meet my own costs []

Send your completed form to Team Ivan, 16a North Bar St, Banbury, Oxon, OX16 0TF, or scan and email to info@teamivan.org or bring it along to one of our training sessions - see www.teamivan.org/training for details.

If you need more information send email to info@teamivan.org or see www.teamivan.org