



2024

Adult Running Club



“More than a Good Time!”

THE Wire2Wire MISSION:

“W2W’s purpose is to provide a network for a spectrum of runners to train together, race together, and socially connect, thus promoting overall fitness and wellness.”



RUNNING CLUB

P.O. Box 4372

Cartersville, GA 30120

Program Director: Coach David Matherne

Email: david@wire2wirerunning.com

This program is designed for adults (*ages 18-98*) and is open to ALL runners, regardless of ability.

2024 Membership Fees

\$75 General Membership

*(Additional items available **)*

\$150 Premium Package

(This fee also includes Warm-up Jacket & Racing Singlet)

(Checks made out to: **Wire2Wire Running**)

*General Membership gets you this SWAG:

- Membership Registration
- T-shirt
- String bag
- The ever-coveted W2W wristband!
- Major discounts on certain Road Races

** Available gear--sold separately

- Warm-up jacket (\$70)
- Racing Singlet (\$35)

Each Tuesday, the W2W Running Club will have a workout/run at 6:02pm sharp. Rain or Shine.

<i>First Tuesday</i>	Dellinger Park Track
<i>Second Tuesday</i>	Athlete's Locker
<i>Third Tuesday</i>	Sam Smith Park
<i>Fourth Tuesday</i>	Downtown 'Friendship Plaza' **
<i>Fifth Tuesday</i>	Venue to be determined

**** After the run, we'll have a post-run social hour.**

Individual training sessions, led by Coach David Matherne, are also available.



2024 Running Club Membership

Individual Family

Name _____

Address _____

Email _____

Phone (____) _____

Date of Birth _____

Allergies _____

NOTE: ADULT SIZING

T-shirt Size: (*circle one*) S M L XL XXL

Race Singlet: (*circle one*) S M L XL XXL

Warm-Up: (*circle one*) S M L XL XXL

How would you describe yourself as a runner?

- Novice; Not at all competitive
 Beginner; Completed a few 5K's
 Year-round runner; somewhat competitive
 Competitive Racer/Elite
-

Check ALL that interest you.

- Group Runs by ability
 Saturday morning runs
 Weekday early morning runs
 Weekday evening runs
 Long Runs
 Interval workouts
 5K Races (local)
 5K Races (within 1-2 hrs. of Cartersville)
 Club Socials
 Volunteering at local 5Ks
 All-Comers track meets (in Atlanta)
 Mentoring new runners
 10K training
 Marathon training
 Having an individual coach/personal training

Almost Done.... 😊...0.1 mi. to go!!

Q. What year did you start running? _____

Q. Which race distance(s) have you run?

- 5K 10K Half Marathon



www.wire2wirerunning.com



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