



**LEAVE YOUR FEARS BEHIND  
OR BE PREPARED TO FACE THEM**

# KINGSBURY SPARTAN RACE TRAINING PROGRAM

**6-week Training Program: July 11- August 27**

**Mondays & Wednesdays at 7:00pm or Wednesdays & Fridays at 5:45am**

**Register by July 9: \$230 (includes \$60 Spartan Race registration fee)**

## What is the Spartan Race?

**Not your average 5K**. The Spartan Race is for athletes and people who are tired of the tedium of the usual races and workouts and yearn to recapture the spirit of an adventurous age. This international race is set up to test not only the strength and stamina but the cunning creativity of each athlete's warrior essence. Participants will confront obstacles ranging from extreme to absurd that gain their inspiration from sources as varied as Spartan training, Navy SEAL training and American Gladiators.

**RACE DATE: Saturday, August 27**  
**Amesbury Sports Park, Amesbury MA**



**SPARTAN RACE**  
**YOU'LL KNOW AT THE FINISH LINE**

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## Registration Form - Spartan Race Training

Participant \_\_\_\_\_ DOB \_\_\_\_\_ Member No. \_\_\_\_\_

Parent/Guardian \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_

Member Type:  Member  Non-Member

Payment:  House Charge (members only)

Credit Card Type/Card Number \_\_\_\_\_ Exp.Date \_\_\_\_\_

Days:  M/W 7pm  W/F 5:45am

The Kingsbury Club reserves the right to photograph program participants for publicity purposes, in print or electronic media.

Signature: \_\_\_\_\_ Date \_\_\_\_\_

Parent's Signature: \_\_\_\_\_ Date \_\_\_\_\_