

Women Run NH Forum Mail-in Registration

Online registration is available on our website: womenrunnh.org. If you prefer to register by mail, please print this form. Send your completed form and check to: **Coach Burnham, Bedford High School, 47B Nashua Rd, Bedford, NH 03110.** ***Please make all checks payable to *BBABC*.

This event is open to the general public. Members of adult running clubs should register as individuals. High School and middle school team registration should be completed by one coach or adult representative.

First Name: _____ Last Name: _____

Phone number: _____ Email address: _____

- Individual Registration \$15
- Team Registration \$100 (for high school/ middle school/ youth club teams of 7-15)
- Team Registration \$150 (for high school/ middle school/ youth club teams of 16+)

*For Team Registration Only:

School or team affiliation: _____ Number of participants _____

What are you (or your team) most interested in learning about at this conference? Please select your **top three** choices from the list below:

- Self-Defense
- Fueling for Performance
- Training the Mind to Race
- Running Injury Prevention/ Prehab
- A Renewed Perspective on Perseverance
- Elite Women Runners Panel
- Trail / Ultra Runners Panel
- College Coaches Panel
- College Athletes Panel
- Yoga

The format of this event will be a workshop style event with 3 X 45 minute sessions. We will also have an expo that features local businesses. Please visit our website womenrunnh.org to learn more about our speakers and vendors. If you have questions about our event, please contact Stephanie Burnham via email at burnhams@sau25.net.