



appropriate exercise prescription and safety precautions. The training schedule and exercise program presented are in no way intended as a substitute for medical consultation. As with any exercise program, if at any point during your workout you begin to feel faint, ill, dizzy, or have physical discomfort, you should stop immediately and consult a healthcare provider. The participants in this generalized training schedule and exercise assume all risks associated with involvement in this generalized training schedule and exercise program. The Annapolis Striders, Inc., the Road Runners Club of America, and its agents and representatives, disclaim any and all liability from and in connection with this generalized training schedule and exercise program.