

RU Team E.X.C.E.L. Membership Application – 2010



About our Team:

RU Team E.X.C.E.L. (*EXercise to Compete at the Elite Level*) is an endurance sports team competing primarily in triathlon, cycling, and running events. We started in 2006 with six team members and have been making our mark on the San Diego endurance sports scene ever since! Our team has grown to over 70 strong (including 10 elite team members) and we hope to continue this success throughout the 2010 race season!

RU Team E.X.C.E.L. is proud to announce that it has teamed up with **Catalyst Endurance Coaching (CEC)** to bring world-class coaching to its members. **CEC** specializes in constructing training plans which account for and respect hectic work, family, and training schedules. We encourage you to **accelerate change** in your life and train smarter this year.

RU Team E.X.C.E.L. primarily focuses on training and racing, however, maintains balance by socializing and exploring life outside of endurance sports. We strive to build a committed group of athletes focused on enjoying each others' company while fostering friendly competition and a healthy lifestyle – in other words, we play just as hard as we work! Our team and our sponsors welcome new members who share our passion for conditioning the mind, body and spirit through sport. We are also committed to assisting all team members – from beginners to elites – reach their goals via functional training methods, proper nutrition, encouragement and . . . stylin' race gear!

Membership Benefits:

- Train and compete in a supportive environment
- Coached runs and rides on the weekends (calendar: www.rehabunited.com/teamexcel)
- Special team workshops and educational clinics
- Team support at local races
- Team social events
- Team discounts at a variety of local and national suppliers
- Team transition rack (local triathlons)
- Discounts on KOZ Enterprises races
- Discounts on Rehab United and CEC classes and coaching

Membership Requirements:

1. Assist with the team expo booth during at least two events during the 2010 season
2. Comply with the RU Team E.X.C.E.L. Code of Ethics
3. Renew membership on an annual basis (valid through February, 2011)
4. Membership Fee: \$35

Contact Information:

Last Name _____ First _____ DOB _____

Address _____ Gender _____

City _____ State _____ Zip _____ Phone _____

E-mail _____ Reprint E-mail _____

Emergency Contact _____ Phone _____

Previous **RU Team E.X.C.E.L.** Member? Yes No

T-Shirt Size (men's sizing): _____ Extra Shirt (\$15): _____

www.rehabunited.com/teamexcel

#: _____

RU Team E.X.C.E.L. Membership Application - 2010

Sport (Please select all that apply):

Swimming Cycling Running Triathlon Duathlon Other: _____

Number of years racing: _____ ***This is my first race season!***

Interested in participating in a relay team for 2010? Yes No

If so, please rank the following according to your strength (1=Best): _____ Swim _____ Bike _____ Run

Interested in utilizing a coach for 2010? Yes No

If so, please list your major 2010 races – Race, Date, Location (attach if necessary):

1. _____
2. _____
3. _____

What event(s) would you like to help work the expo booth (Two required for membership)?

Superfrog/Superseal Tri	Apr 10-11	<input type="checkbox"/> Saturday	<input type="checkbox"/> Sunday	<input type="checkbox"/> Both
La Jolla Half Marathon	Apr 25		<input type="checkbox"/> Sunday	
Spring Sprint Triathlon	May 1-2	<input type="checkbox"/> Saturday	<input type="checkbox"/> Sunday	<input type="checkbox"/> Both
Encinitas 5K/Triathlon	May 15-16	<input type="checkbox"/> Saturday	<input type="checkbox"/> Sunday	<input type="checkbox"/> Both
San Diego International Triathlon	Jun 26-27	<input type="checkbox"/> Saturday	<input type="checkbox"/> Sunday	<input type="checkbox"/> Both
Carlsbad Triathlon	Jul 10-11	<input type="checkbox"/> Saturday	<input type="checkbox"/> Sunday	<input type="checkbox"/> Both
Solana Beach Triathlon	Jul 24-25	<input type="checkbox"/> Saturday		
Imperial Beach Triathlon	Aug 21-22	<input type="checkbox"/> Saturday	<input type="checkbox"/> Sunday	<input type="checkbox"/> Both
SD Triathlon Classic	Sep 17-18	<input type="checkbox"/> Saturday	<input type="checkbox"/> Sunday	<input type="checkbox"/> Both
Mission Bay Triathlon	Oct 2-3	<input type="checkbox"/> Saturday	<input type="checkbox"/> Sunday	<input type="checkbox"/> Both
Silver Strand Half Marathon	Nov 13-14	<input type="checkbox"/> Saturday	<input type="checkbox"/> Sunday	<input type="checkbox"/> Both

Liability Release

I understand, consent and agree that endurance sports are physically demanding in nature and carry inherent hazards that may result in serious injury. I further understand, consent and agree that I will not hold Rehab United, its officers, directors, members or its sponsors liable for any direct, incidental, consequential, or any other injury or damage resulting from my participation in any RU Team E.X.C.E.L.-related activity.

_____ X _____ Date: _____
 (Print Name) (Signature)

_____ X _____ Date: _____
 (Print Parent Name – if under 18) (Parent Signature)

Payment Method (Please circle): Cash Check (*Rehab United*) Credit Card (MasterCard, Visa, Discover)

Total Due: _____

Name: _____ #: _____ Code _____ Exp _____

Please e-mail, FAX, or mail your application to the following:

Rehab United – ***RU Team E.X.C.E.L.*** Application
 3959 Ruffin Road, Suite F
 San Diego, CA 92123
 P: 858-279-5570 F: 858-279-5303
teamexcel@rehabunited.com