



Proudly Presents...



ParQ completed: _____
Paid amount: _____
Pymt method: _____
Processed by: _____
Date: _____

Sole Sisters Victoria 2020 Registration Form

Name: _____

Which municipality or region do you live in? _____

Phone #: _____ Age (used for statistics only, if you don't mind sharing☺): _____

Email Address: Used for Sole Sisters Victoria communications ONLY. Please print **VERY** clearly... thank you!

*Sole Sisters Victoria contact information is kept confidential and never shared! ☺

How many years have you been a part of Sole Sisters Victoria? _____

Medical and Emergency Information

* Every Participant is required to complete a ParQ Form (Physical Activity Readiness Questionnaire). This form is valid for one year and is a separate form that requires your signature for your safety. Please scan and send it to solesistermena@telus.net Thank you!

Please complete steps 1-3 below:

1. Initial this box to indicate you have completed your PAR Q form for 2019 and submitted it Sole Sisters Victoria. Thank you!

2. Please inform us of any medical conditions or information you feel we should be made aware of:

3. In case of an emergency, who should we contact?
Name: _____ Phone Number: _____

We are curious to know...

How did you learn about Sole Sisters Victoria? Please circle all that apply

U R a Past Sister Website A Sister Friend Facebook At an Event Twitter Other

Lastly, but most importantly, tell us something special about you ~

Please pick your clinic by circling what YOU want 😊.

All programs include a Sole Sisters Victoria Training Manual – an electronic or hard copy “while they last” AND your Sole Sisters Victoria swag gift bag!

All clinics promote a “safe and friendly” place for women of all ages, stages and phases to join in and walk, run, run/walk and pole walk – 5k, 10k or 21k... AND most importantly we have FUN doing it!

****PLEASE NOTE: If you pay for product #1 then #3 is FREE and vice versa!**

Tuesday cost \$115 TOTAL from 5-7pm 😊

Program Choices:	Days & Times:	Dates:	Cost:	My choice is:
Product #1 - 14-week program Walk, Pole Walk, or Run, TC10k Prep Location: Pearkes Recreation Centre - Court #1 OR 20-weeks, TC 10k & Goddess Prep Same location or as noted in weekly email	Tuesdays 5:45-7pm	Jan. 21st to April 21 st 20 weeks continues to June 2 nd	\$115 + GST 5% \$5.75 = \$120.75 \$140 + GST 5% \$7 = \$147.00	
Product #2 - 14-week program Walk, Pole Walk, or Run, TC10k Prep Location: Alternating between Eagle Creek Quality Foods and Tillicum Centre Starbucks OR 20-weeks, TC 10k & Goddess Prep Same location or as noted in weekly email	Fridays 9-10:15am	Jan. 24 th to April 24 th 20 weeks continues to June 5 th	\$115 + GST 5% (\$5.75) = \$120.75 \$140 + GST 5% \$7 = \$147.00	
Product #3 - 14-week Health & Wellness Circuit Training Location: Pearkes Recreation Centre - Court #1	Tuesdays 5-5:45pm	Jan. 21 st to April 21 st	\$115 + GST 5% (\$5.75) = \$120.75	
Product #4 – 6-week Spring Fling Walk, Pole Walk, or Run	Tuesdays &/or Fridays	All dates listed above	\$69 + GST 5% \$3.45 = \$72.45	
TOTAL Program Cost:	Do NOT include GST in this amount:		\$	
DISCOUNTS:	Please note here what is being applied:		Less (\$)	
New Total after discounts:			\$	
GST (5%):	Multiple the total amount in the last line by .05		\$	
Total Owing:	Including all discounts, applicable taxes etc.		\$	
Payment made by please circle			Completed by: (please date and print your name – thank you)	
Cash Cheque Gift Cert WOW OR E-transfer to solesistervictoria@telus.net or pay ONLINE at solesistersvictoria.com , click on REGISTER for 2020				

THANK YOU for finding Sole Sisters Victoria 😊

