



# Team CEC

## Membership Application – 2012

### About our Team:

**Team CEC** (formerly RU Team E.X.C.E.L.) is an endurance sports team training and competing 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 50 strong, including an elite squad and we hope to continue this success throughout the 2012 race season!

### Mission and Purpose:

**Team CEC** exists to create a positive training and racing environment; 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
- Group runs/rides on the weekends (calendar: [www.catalystendurancecoaching.com](http://www.catalystendurancecoaching.com))
- Workshops and educational clinics
- Team social events
- Team transition rack (local triathlons)
- Discounts on KOZ Enterprises races
- Team discounts at a variety of local and national suppliers
- Discounts on **Rehab United** and **Catalyst Endurance Coaching (CEC)** programs
- **Team CEC** tee shirt
- Discounted custom **Team CEC** race gear

### Membership Requirements:

1. Assist with the team expo booth at two events (minimum) during the 2012 season
2. Comply with the **Team CEC** Mission and Purpose
3. Renew membership on an annual basis (valid through March, 2013)
4. Membership Fee: \$45

### 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 & Women's sizing): \_\_\_\_\_ Extra Shirt (\$20): \_\_\_\_\_



# Team CEC

**Sport (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 2012?**     Yes     No

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

**Interested in utilizing a coach for 2012?**     Yes     No

**If so, please list your major 2012 races – Race, Date, Location (attach sheet if necessary):**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**Membership:**     Annual (\$45)

**Coaching Options:**     Quarterly (\$180) – Semi-custom coaching plus weekly class  
 Monthly (Varies) – visit [www.CatalystEnduranceCoaching.com](http://www.CatalystEnduranceCoaching.com) for details

### 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, CEC, 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 Team CEC-related activity.*

\_\_\_\_\_ X \_\_\_\_\_ Date: \_\_\_\_\_  
(Print Name) (Signature)

\_\_\_\_\_ X \_\_\_\_\_ Date: \_\_\_\_\_  
(Print Parent/Guardian Name – if under 18) (Parent/Guardian 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 – **Team CEC** Application

3959 Ruffin Road, Suite J

San Diego, CA 92123

P: 858-279-5570 F: 858-279-5303

[jrobinson@rehabunited.com](mailto:jrobinson@rehabunited.com)