



Summer Youth Program



Sponsored by Taconic Road Runners club

In cooperation with the Somers Central School District

- The group will meet Monday and Thursday evenings from 6-7:30 p.m. for 90 minute workouts at Somers High School track, from June 29th through August 6th 2009. Arrive 15 minutes early.
- **Pre registration June 25 from 6:00 pm to 7:00 pm Primrose Elementary School.**
- Ages 5- 18 welcome – **All children under 10 years old must be chaperoned !!!**
- Program under the instruction of area NY State certified high school coaches
- Children grouped by age and ability with an NYS certified coach for each group
- Focus on fun, life fitness, running and field events
- Perfect for the beginners wanting to learn a sport or the experienced athlete looking to increase fitness for any sport
- Training for the serious track and field athlete
- Fun competition in summer track and field events is optional (Summer Twilight Series - Tuesdays)
- Fee is \$30 for membership, t-shirt, program, and picnic
- Scholarship available to a graduating senior or college undergraduate (2009)
- For information contact Rich Nash (914) 248-6363
- Registration limited to the first 200 applicants-early registration is encouraged
- Check the TRRC website, **www.runner.org**, for more information
- Program held rain or shine -- canceled when lightning

Please fill in **all** information and return to the address below

Participant's name _____
Please print (first name) (last name)

Address _____
(street) (City/town) (State) (Zip)

Phone number _____

Parent's name _____

Date of birth _____ Grade entering 09/2009 _____

Mail checks payable to TRRC to P.O. Box 711, Shrub Oak, NY 10588

I know that track and field is a potentially hazardous activity. I should not allow my child to participate unless medically able. We agree to abide by the coach's instructions relative to ability. We assume all risks associated with running in this program, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat/humidity and the conditions of the facility. All such risk being known and appreciated by us. Having read this waiver and knowing these effects and in consideration of you accepting my application, we for us and for any one entitled to act on our behalf waive and release the Taconic Road Runners Club, the town of Somers, Somers Central School District, program coaches, and all sponsors, their representatives and successors from all claims of liabilities of any kind arising out of participation in this event.

Parents signature _____