

Taconic Road Runners Club

www.runner.org

Do's and Don'ts

Summer Youth Track Program

2009

Thank you for joining our program, we are sure it will be fun for all!

Here are some rules of the road to remember:

- **Bring only water to every session. NO SPORTS DRINKS.**
- **Wear appropriate running clothes and shoes.**
- **Go to the bathroom before you arrive.**
- **Please be early or on time 5:45 pm, ready to run, coming late disrupts the group.**
- **Children under 10 must be chaperoned.**
- **Parents of the Guppies, Minnows, and Addias groups are encouraged to participate for the last 15 minutes.**
- **Do not drop off the children and leave without seeing someone at check in.**
- **Please have a note from a parent if you are picking up another child.**
- **The sessions will continue rain or shine, there will be no advance cancellations – No session during lightning/thunder. Use your best judgement.**
- **This program is run solely by volunteers – please support your coaches and assistants.**
- **Look for upcoming info on the summer Twilight Track Series held on Tuesday nights.**
- **All children not in the program must be attended by an adult.**
- **Have your child clean up all cups, garbage, etc. from the track before leaving. What you bring in is what you take out.**
- **No strollers on track.**
- **Parents walking or jogging must use the outside lane.**
- **Do not enter any construction site or you will be dismissed from that session.**
- **Please let coaches and administration know of any medical issues with your child/children.**

