



Kids Running Clinic



RUNNING ROCKS!

Sponsored by Starved Rock Runners, Ltd and IVCH Center for Physical Rehabilitation and Aquatics

Every Monday beginning June 17th thru August 12th, 2019

Baker Lake • Peru • East entrance off of Airport Road

6:00 pm – 7:00 pm • Please be prompt

Cost \$10.00. Free for Members of SRRL

Includes:

- Clinic fees
- T-shirt
- Free entry to Alzheimer's 5K Run on August 17th, 2019 for all who complete 5 clinic sessions
- Different programs for ages 7-18 based on abilities and goals

Benefits:

- Builds self confidence
- No special equipment required
- Good conditioning for any sport
- All abilities welcome
- Great start to a lifetime of fitness
- Best of all...it's fun!

SPECIAL
Workouts for
Cross Country
Runners

MAIL FORM BELOW TO:

Starved Rock Runners, LTD., P.O. Box 1092, LaSalle, IL 61301

OR SIGN UP AT:

Peru Summer Fun Sign-up Day
Saturday, June 8 2019, 9:00-11:00am
Washington Park, West Side Shelter

..... Cut Here

Application:

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ DOB _____ Age _____ Sex _____

Email _____

Have you run before: Yes No

My running goal(s): Fitness Fun Prepare for Cross Country

Prepare for other sports Prepare for 5K

For more information: Contact Bob at 815.882.2120 or John at 815.223.7922

I know that running is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of the clinic official relative to my ability to safely complete the clinic. I assume all risks associated with running this event including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your acceptance of my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runner's Club of America, the Starved Rock Runners, Ltd. and all sponsors, their representatives and successors from all claims or liability that may arise out of negligence or carelessness on the part of the persons name in this waiver and grant permission to use my picture or likeness.

Signature (Parent or Guardian) _____ Date _____



T-Shirt Size:

YS YM YL

AS AM AL