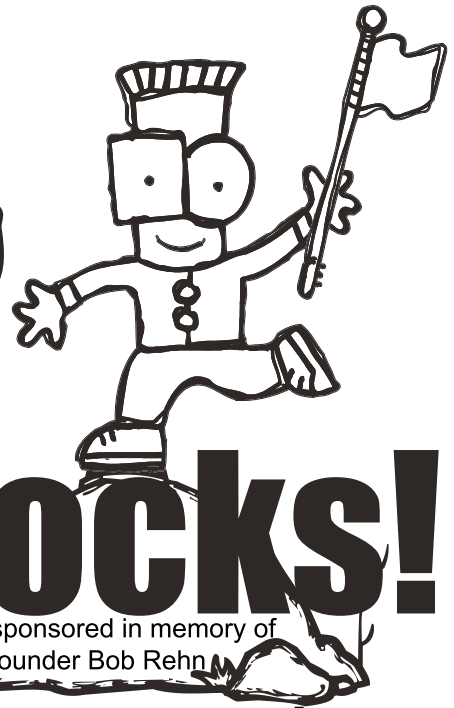


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CLINIC WEATHER UPDATES

Kids Running Clinic



Running Rocks!

Conducted by Starved Rock Runners, Ltd.

sponsored in memory of
founder Bob Rehn

Every Monday beginning June 13th thru August 8th, 2022

Baker Lake • Peru • East Entrance off of Airport Road

6:00PM 7:00PM • Please be prompt

FREE - NO REGISTRATION FEES

- 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

The age range for the Clinic will be 5 to 16. Water and gator-aid **will not** be provided to the participants this year. It will be the responsibility of each participant to bring their own hydration fluids in a container with their name written on it. Participants will be required to practice the "6' rule". Any participant not following the rules set forth by the clinic will be dismissed from the Clinic.

Any Kid Clinic participant that attends a minimum of five Clinic sessions will get a free registration into the Boo Milby 5k on August 20th.

APPLICATION:

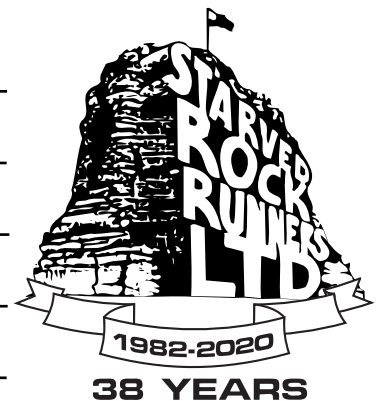
Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ DOB / / Age _____ Sex _____

Email _____



T-Shirt Size: YS YM YL AS AM AL

Does your child have any special needs that we should know about. Please describe (use back if necessary):

PLEASE READ

I understand that the Starved Rock Runners may dismiss my child from participation in the Kids Clinic if the child exhibits the desire to not participate, does not follow instruction and/or causes disruption to the group. 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 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 the act on my behalf, waive and release the Road Runner's Clubs 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 _____

MAIL FORM TO: SRRL KID'S CLINIC, 337 TONTI ST., LA SALLE, IL 61301

QUESTIONS: CALL JOE @ 815-488-4112