

# 10th Summer Youth Running Program 2015



**Come run and have fun with us!  
Tuesday and Thursday Evenings  
June 30 - July 23 at the Falmouth High School Track**

Group running program for boys and girls entering grades 1-12. No running experience required. The program will emphasize the fun of running and focus on conditioning and technique at all levels. Runners will learn stretching and strengthening exercises to improve running technique and avoid injury.

The boys and girls will be placed into appropriate groups with elementary kids learning running basics and conditioning fundamentals through creative games. The older or more experienced runners will do structured conditioning training and focus on the details of proper technique.

**4 one-week sessions** (2 nights/week) Tuesdays and Thursdays, 5:30 - 6:45 pm

① June 30 & July 2    ② July 7 & 9    ③ July 14 & 16    ④ July 21 & 23

Sign up by June 11 to receive a Youth Program t-shirt.

A child who signs up for all 4 sessions will receive a free entry, in his or her name, into the Falmouth Main Street Mile in September.

Participants should wear running shoes, comfortable shorts, a t-shirt and sunscreen and bring a bottle of water.

## Head Coach

Anne Preisig, coach and personal trainer, former national class runner, and 2008 Elite Duathlon USA National Champion

## Assistant Coaches

Jim Preisig, Jody Kirincich, and Lindsay Ruthven, experienced runners and coaches

## Volunteers

Members of the Falmouth Track Club

## Proceeds will benefit running programs in the Falmouth Public Schools.

For more information or questions: email [appreisig@hotmail.com](mailto:appreisig@hotmail.com) or visit [falmouthtrackclub.org](http://falmouthtrackclub.org)

**Signup online at:**  
**[falmouthtrackclub.org/youth-summer-running](http://falmouthtrackclub.org/youth-summer-running)**

Or mail completed form and check to:  
Attn: Youth Running Program  
Anne Preisig  
638 Brick Kiln Road  
Falmouth, MA 02540

*Our organization does not discriminate on the basis of race, color, sex, disability, religion, national origin, age, or sexual orientation. Need-based scholarships are available.*

Signup online:  
[falmouthtrackclub.org/youth-summer-running](http://falmouthtrackclub.org/youth-summer-running)

## Summer Youth Running Program 2015

Child's Name \_\_\_\_\_

Birthdate \_\_\_\_\_ Sex \_\_\_\_\_

School \_\_\_\_\_

Grade Entering in September \_\_\_\_\_

Names of Parents/Guardians \_\_\_\_\_

\_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Address \_\_\_\_\_

Town \_\_\_\_\_ Zip \_\_\_\_\_

\_\_\_ Session 1: June 30 & July 2 \_\_\_ Session 2: July 7 & 9

\_\_\_ Session 3: July 14 & 16 \_\_\_ Session 4: July 21 & 23

\$25/session per child or \$85 for all four sessions.

Make check payable to Falmouth Track Club.

If signing up by June 11, t-shirt size (one):

Youth: S M L    Adult: S M L

## Permission and Waiver:

I hereby give my above-named child permission to participate in the Youth Running Program. I absolve the Town of Falmouth and the FALMOUTH TRACK CLUB and all coaches, officials, and other CLUB members from liability and will not hold them responsible for injury incurred to my children, myself, and/ or my spouse. This includes, but is not limited to collisions and interactions among children and adults, injuries due to contact with the facilities or equipment, or to weather conditions. I give approval to my family's participation in the Youth Running Program. All participants are in sound medical condition for running activities. I understand that medical insurance is not provided.

\_\_\_\_\_  
PARENT/GUARDIAN SIGNATURE

\_\_\_\_\_  
DATE

Cut here. Send in the form and save the info sheet.