



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# Heart `n` Sole

The Heart and Sole Running Club is open to kids age 9 - 14 that want to be part of a run for fun group, make new friends, train for the Foot Lake 4 and get into the sport of running. We will spend 8 weeks focusing on fun, fundamentals, and character development while training for the Foot Lake 4 on June 24th and participate in the race as a group. The club will meet the following week for club awards and a final celebration run after race day.

The club will train as a group with adult volunteer instructors participating with the club members. Parents are encouraged to sign up and share in the experience too! All volunteers will go through YMCA background checks and there will be multiple instructors with each ability group. Participants will train in small groups according to their established pace.

Volunteers are needed! Please contact Dean at the Y (222-9622) or DeanM@kandiymca.org.



**April 26 - June 28**  
**Race Day - June 24**  
**Wednesdays 4:00 - 5:30 pm**

Program Fee: YMCA Members: \$41/participant  
\$71/parent & participant  
Non Y members: \$50/participant  
\$80/parent & participant

Fee includes Club running shirt, snacks and race entrance fee.

## Heart and Sole Registration

Participants Name: \_\_\_\_\_

Participants Club Nickname: \_\_\_\_\_

Age on June 24: \_\_\_\_\_ Male/Female

T-SHIRT SIZE : Youth M Youth L Adult S Adult M  
Adult L Adult XL

Parent/Guardian: \_\_\_\_\_

Parent Participating Yes/No

Parents Club Nickname: \_\_\_\_\_

Age on June 24: \_\_\_\_\_ Male/Female

T-SHIRT SIZE : S M L XL

Phone #: \_\_\_\_\_

E-mail: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

**WAIVER:** In consideration of the acceptance of my entry, I, the undersigned, intending to be legally bound for myself, my heirs, executors, and administrators do hereby release any and all sponsors of this program, and their representatives, successors and assigns from any and all liability arising from illness and/or injuries I may suffer as a result of my participation in this program. I attest and verify that I am physically fit and have sufficient training for completion of the running club. I also understand and agree that any sponsor may subsequently use for publicity and/or promotional purposes my name and/or photograph, videotapes, motion pictures and recordings of me participating in this program without obligation of liability to me. I also understand that entry fees are not refundable. I have read the foregoing and certify my agreement by signing below.

**PARENT OR GUARDIAN MUST SIGN THIS WAIVER**

\_\_\_ Cash / Check attached for fee.

\_\_\_ Debit my YMCA membership account

Staff Initials \_\_\_\_\_