



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 27th 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.



May 13 - July 1
Race Day - June 27
Wednesdays 4:00 - 5:30 pm

Program Fee: YMCA Members: \$41/participant
\$76/parent & participant
Non Y members: \$50/participant
\$85/parent & participant

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

Heart and Sole Registration

Participants Name: _____

Participants Club Nickname: _____

Age on June 27: _____ 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 27: _____ 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 _____