

ZEPHYR Winter/spring TRAINING TEAM



Keeping the FUN in the run!

Zephyr Fun Runs are back!

Thursdays @ 4:15

November 17-March 15

Middle school age runners are invited to join our certified coaches as well as some of our local high school and college runners for varying paths and distances around downtown Crystal Lake. We'll start from The Running Depot, come back for some stretching, Gatorade and a little snack.

Speed Play! Conquering Hills! Race Tips! Fun Running Facts!

All are fair game as long as we keep the "FUN" in the run!

All for a mere \$10!

Name: _____

School: _____

Parent Name & Phone: _____

I, a participant in recreation activities, realize the inherent risks involved in this training program and I assume any and all such risks. I waive any claim against The Running Depot for injury or loss due to my participation. I will hold The Running Depot and any additional sponsors, donators or coaches of this program harmless for any injury caused by my participation. Participants registering for programs of a strenuous nature are encouraged to seek a physician's approval. Also, participants permit the taking of photos during the program for publication and as The Running Depot deems appropriate.

Signature of Parent or guardian

Date