



Brunswick Cross-Country Running Club

Beginning Tuesday, September 8 the Brunswick Parks and Recreation Department will be offering a Youth Cross-Country Running program, under the direction of Henry Heyburn, for **Brunswick boys and girls between the ages of 6 and 12 years, as of October 15, 2009**. This program will introduce children to the fun and satisfaction of running. Children will run with youngsters their own age, with boys and girls in separate divisions. Six and seven year olds will run a half-mile; eight and nine year olds will run three quarters of a mile; ten, eleven and twelve year olds will run one mile.

The program will meet from 4:00 to 5:00 p.m. on Tuesdays and Wednesdays beginning September 8th at Coffin Pond. Practices are held on Tuesdays and "Fun Runs" on Wednesdays through October 14. The only exception to this will be the first Wednesday, September 9th, which will be a practice. The fun run schedule will be provided to you during the first week of the program. Children will be bused to and from away meets.

Henry Heyburn is a native Kentuckian who has lived in Brunswick for more than 20 years. Over the years he has instructed mountaineering courses at the Telluride Mountaineering School and the Colorado Outward Bound School, developed outdoor products at L.L. Bean and coached Nordic skiing at Bowdoin College. He has spent the last eight years at the Hyde School in Bath where he was a history teacher, college counselor and coach. Henry ran and was captain of the cross country team at Middlebury College.

The program is open to Brunswick residents only. The fee is \$33.00 per participant. For more information call the Brunswick Recreation Department at 725-6656. Visit us online at www.brunswickme.org/parkrec.

The Parks and Recreation Department encourages individuals with disabilities to register for this program. Should you desire further information, contact the Recreation Department at 725-6656.

-----✂Return to the Recreation Center, 30 Federal St., with fee, by Sept. 4..... Office hours Mon.-Fri., 8:00 a.m. to 4:30 p.m.✂-----

BRUNSWICK PARKS & RECREATION DEPT.
BRUNSWICK CROSS-COUNTRY RUNNING CLUB 2009

Brunswick Residents Only
Fee: \$33.00 per person

For Office Use

Date _____

Amt\$ _____

Rec.# _____

221376-01

Computer

PLEASE PRINT

Name _____

Street Address _____

Town _____ State _____ Zip _____

Home Phone _____ Work Phone _____ Cell Phone _____

Date of Birth _____ Age _____, as of Oct. 15, 2009 Male Female

School _____ Grade _____, as of fall 2009

Email _____

Contact person in case of an emergency *Other than parent(s)*:
Relationship _____ Phone _____

Is there a medical condition of which we should be aware? YES NO

If yes, please explain _____

Shirt Size (please circle): Youth Small / Youth Medium / Youth Large / Adult Small / Adult Medium / Adult Large

Would you consider volunteering to help with this program?

I WOULD BE INTERESTED IN BEING A RACE VOLUNTEER I WOULD BE INTERESTED IN COACHING

Signature of Parent/Guardian _____

Parent(s) Name *Please Print* _____

