



Brunswick Cross-Country Running Club

For Brunswick Boys & Girls in Grades 1-5

Brunswick Residents Only

Starting the 18th of September, the Brunswick Parks and Recreation Department will be offering a Youth Cross-Country Running program on **MONDAYS**, with the option to sign up for either 3:45pm – 4:45pm or 5:00pm – 6:00pm. **Please choose a time slot. MAX OF 30 KIDS per Time Slot at the Brunswick Jr. High/Coffin School Complex. These practices happen weekly starting the 18th of September until October 11th.** This program will introduce children to the fun and satisfaction of running.

Scheduled Wednesday “Fun Runs” start September 20th until October 11th, with a championship meet held on Saturday October 14th in Cumberland. At the Fun Runs, children will run with youngsters their own age, with boys and girls in separate divisions. 1st and 2nd graders will run a half-mile; 3rd and 4th graders will run three quarters of a mile; and 5th graders will run one mile. The fun run schedule will be provided to you during the first week of the program. Fun Runs are held at Falmouth, Cumberland, Brunswick and Harpswell.

Transportation will not be provided. Parents must arrange for transportation to and from the Fun Runs.

Practices will be taught by Coach Catherine Schofield. Coach Catherine will be starting her third season as our Cross Country Running Coach. She started running several years ago. She has competed in many races in distances from the 5k to the marathon and is working towards qualifying for the Boston Marathon. She recently completed the RRCA coaching course and is looking forward to coaching children in this program and helping to encourage their love of running and being active. **We are always looking for additional volunteers to help in a variety of areas. Join us in making this a great program!** The program is open to **Brunswick residents only.** **The fee is \$37.00 per participant.** For more information, call the Brunswick Recreation Department at 725-6656. Visit us online at www.brunswickme.org to view our refund policy.

*** THIS PROGRAM FILLS UP QUICKLY. REGISTER SOON! ***

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, 220 Neptune Drive, by September 15th. Office hours Mon.-Fri., 8:00 a.m. to 4:30 p.m.✂-----

BRUNSWICK PARKS & RECREATION DEPT.

BRUNSWICK CROSS-COUNTRY RUNNING CLUB 2017 **Brunswick Residents Only**

Check one: MONDAYS 3:45pm **OR** 5:00 pm **Fee:** \$37.00

PLEASE PRINT

Name _____ Male Female

Street Address _____

Town _____ State _____ Zip _____

Home Phone _____ Work Phone _____ Cell Phone _____

Date of Birth _____ Age _____ School _____ Grade _____, as of fall 2017

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 _____

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

As a parent, I give my child permission to participate in the Brunswick Parks and Recreation Department Cross Country Running Program. I understand that photographs taken of Parks and Recreation Programs may be used by the Parks and Recreation Department for promoting programs, classes or events to include brochures, posters or web page postings.

Signature of Parent/Guardian _____

Names of Parents/Guardians _____ (PLEASE PRINT)

<u>For Office Use</u>
Date _____
Amnt\$ _____
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Computer <input type="checkbox"/>