

Brunswick Cross-Country Running Club



For Brunswick Youth in Grades 1-5

Brunswick Residents Only

The Brunswick Parks and Recreation Department will be offering a Youth Cross-Country Running program on **Mondays at the Brunswick Jr. High/Coffin School Complex**. This program offers two different sessions, either from 3:45pm – 4:45pm **or** 5:00pm – 6:00pm. Please note there is a **maximum of 30 kids per time slot**. This program runs from September 16th until October 19th with practices held every Monday. The program is open to **Brunswick residents only** and the fee is **\$42.00 per participant**.

This program will introduce children to the fun and satisfaction of running through the **weekly practices on Mondays**. There will also be **scheduled Fun Runs on Wednesday from September 25th until October 16th**, as well as a **championship meet held on Saturday October 19th 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, Brunswick and Harpswell. **Transportation will not be provided. Parents/guardians must arrange for transportation to and from the Fun Runs.**

Practices will be taught by Coach Catherine Schofield. Coach Catherine will be starting her fifth season as our Cross Country Running Coach and she is a Level 1 USATF & RRCA certified coach. She is excited to coach your children and 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!

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

For more information or to register online, Visit us at <http://www.brunswickme.org/departments/parks-recreation>

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. For a copy of our refund policy, please see our website.

-----<Return to the Recreation Center, 220 Neptune Drive, by September 13th. Office hours Mon.-Fri., 8:00 a.m. to 4:30 p.m.>-----
BRUNSWICK PARKS AND RECREATION DEPT.

Brunswick Cross Country Running Club, Fall 2019 ***Brunswick Residents Only**

Check one: MONDAYS 3:45pm **OR** 5:00 pm **Fee:** \$42.00

Name _____ Date of Birth _____ Age _____

Street Address _____ Town _____

Zip Code _____ School _____ Grade, Fall 2019 _____ Female Male

Parent/Guardian #1 _____ Email _____

Parent/Guardian #1 Home Phone _____ Parent/Guardian #1 Work Phone _____ Parent/Guardian #1 Cell _____

Parent/Guardian #2 _____ Email _____

Parent/Guardian #2 Home Phone _____ Parent/Guardian #2 Work Phone _____ Parent/Guardian #2 Cell _____

Emergency Contact, other than parent/guardian _____ Relationship _____

Day Phone _____ Cell Phone _____

*ALLERGIES/PHYSICAL or EMOTIONAL LIMITATIONS _____

For Office Use

Date _____

Amt\$ _____

221376-01
Computer

As a parent/ guardian, 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)**