



Run Your Life Running Club Kids 6-8th Grades!

www.runyourlife.org



Come on out and join the fun! Be sure to dress for the weather, wear a good pair of running shoes, and bring a water bottle. This program is for runners of all abilities, including those who have never run before! It's a great way to begin an active and healthy lifestyle! **Led by Cali Spitsen, an area college student and experienced runner. FREE!**

When: Tuesdays beginning October 20th, 4:30-5:30PM

Where: Edgebrook School, McHenry

Ages: Grades 6-8th. If your child is younger and you feel they are ready for this, then please feel free to join!

****Also, Highly Recommended:****

PLEASE JOIN US FOR OUR RUNNING EXPERTS INFO MEETINGS:

***"Get Ready, Get set, Run!": October 20th, 7:30PM, McHenry Middle School:**

Is an intro to running info meeting led by two experts in the field of running, **Brenda Napholz** and **Jerry Sullivan**. **Brenda** is a USATF Level 1 Certified Coach, 4 time marathoner including 4 time Boston qualifier, 3rd overall female in CARA circuit 2007/2008, 1st in Age Group CARA 2007/2008, 5+ years Coaching Experience, and Mother of 3 teenage boys. **Jerry** has been a Physical Therapist since 1976, specializing in Orthopedics and Sports Medicine since 1979, taught Spinal Mobilization at Chicago Medical School for 11 years, taught several Weekend Seminars/Continuing Education Courses, Runner since 1978, more than 15 Marathons including 3 Boston finishes, several Triathlons and continues to train competitively. **Brenda and Jerry will share all you need to know to get you prepared to run! **Highly recommended for our Run Your Life Running Club Members as well as those interested in improving their running knowledge and skills. **FREE! Everyone is welcome. Please register.**

***"Running Shoes 101, Running shoes are the most important piece of equipment" Clinic: Thursday, October 22, 7:30PM, The Running Depot, 30-E Williams, Crystal Lake, IL 60014 ** Running Shoes 101 is a running shoe, apparel, gear and accessories Informational Clinic held at and sponsored by The Running Depot in Crystal Lake. Owner and Running Expert, Pam Andrews, will teach the importance of wearing the correct shoes for your feet as well as the apparel and accessories available to ensure a great run. You will have the opportunity to go through the proper procedure of shoe diagnostics as well as learn the importance of proper attire. Running shoes, gear, apparel, and accessories are available to purchase at the clinic. Come to The Running Depot on October 22nd, 7:30PM and learn which shoe is right for you. **FREE! Everyone is welcome. Please register. Participants attending the event will receive a 10% Discount on purchases!**

****To Register: Email your name, contact info and activities enrolling to:**

runyourlife@sbcglobal.net

You will receive a confirmation email regarding your enrollment. If you should have any questions, please call (815) 861.5074.

Run Your Life Activity Release Form

Form may be turned in at the RYL function or mailed to:
Run Your Life, PO Box 1263, McHenry, IL 60051

Name: _____ Birth Date _____

School Child Attends(if applicable) _____ Grade _____

Parent/Guardian(s) Name (for child) _____

Address: _____

City _____ State _____ Zip _____

Phone #: _____ Cell _____

Contact email _____

Dr. _____ Dr.'s phone _____

Emergency Contact (if parent cannot be reached) _____

Phone _____

Insurance Company/Policy # _____

Allergies/Medications _____

Additional Info _____

I give _____ permission to participate in Run Your Life Programs. I assume all risks of participation and waive all liability of instructors, volunteers, participants, outside contractors and businesses, Run Your Life, and McHenry School District 15. I also grant permission for first aid/emergency treatment to be administered to my child.

Parent/Guardian Signature

Date

*Please note that transportation is NOT provided. Parents are responsible for dropping their student(s) off at the designated location and picking their student(s) up at the designated location and at the designated times. Thank you ☺

RYL Consent & Release

For Use of Photographs, Videos, Audio

From time to time Run Your Life ("RYL") issues newsletters, updates its website, and produces public affairs materials dealing with Run Your Life services and programs. Photographs/video/audio of Run Your Life patrons and program participants produced for these purposes help Run Your Life illustrate the scope and benefits of Run Your Life use.

I give permission to Run Your Life to use my photograph/video/audio in the Run Your Life's newsletter, website and/or public affairs materials. I understand that, given technology which allows sharing of information, my photograph/video/audio ultimately may appear on the worldwide web.

I release and hold harmless Run Your Life and its agents and employees from and against any claims or liability arising from or related to the use, publication or distribution of my photograph/video/audio.

Signature: _____

Name: _____
Please Print

Date Signed: _____

For Persons 17 and Under

I am the parent or legal guardian of _____ and I give permission to Run Your Life to use photograph/video/audio as stated above.

Signature: _____

Name: _____
Please Print

Date Signed: _____