



**City of Albany**  
**Department of Recreation**  
**Youth Running Club**



Come join the City of Albany and Fleet Feet Sports for six weeks of **FREE** summer running lessons, fitness, and fun!

**Who can join?** This program is **FREE** and open to all city residents who are **8-14** years old. Children of **ALL ABILITIES** are welcome. New members will not be allowed to join after July 18<sup>th</sup>.

**What will practices be like?** You will learn to run faster and farther while having fun, through six weeks of instruction and games. Everyone will end the summer with a fun run of one, two, or three miles and a celebration. Bring your bathing suit to swim after practice.

**When?** July 9<sup>th</sup> – Aug 15<sup>th</sup> every Tuesday and Thursday.

**Where do we meet?** At the Lincoln Park Pool House, from 9:15 a.m. to 11:30 a.m.

\*\*Running shoes and socks will be provided if necessary to each participant by Fleet Feet Sports Albany for use during the club. All club members completing the summer program will be awarded these shoes and socks to **KEEP for FREE!**

\*\*If possible stop into Fleet Feet Sports Albany at 155 Wolf Rd Albany, NY 12205 to be fit for shoes before July 9<sup>th</sup>. Please indicate that your child is part of the Lincoln Park running club.

\*\*Healthy snacks and water will be provided.

\*\*Permission slips can be found on the back side of this flyer. They must be filled out by a parent or guardian and turned in before a child can participate.

\*\*Please email [fleetfeetalbany@gmail.com](mailto:fleetfeetalbany@gmail.com) with any questions.

# City of Albany Department of Recreation Youth Running Club:

## Permission Slip

Youth's Name: \_\_\_\_\_

Age: \_\_\_\_\_ Birthday: \_\_\_\_\_

Address/City/Zip: \_\_\_\_\_

\_\_\_\_\_

\*\*\*Medical Information/Allergies: \_\_\_\_\_

Parent(s) or caregiver(s) name(s): \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Cell phone: \_\_\_\_\_ Email: \_\_\_\_\_

Emergency Contact:

\_\_\_\_\_

(Name/Relation) (Phone Number)

I \_\_\_\_\_, give my child \_\_\_\_\_ permission to participate in the City of Albany Running Club between the dates of July 9th, 2013 to August 15, 2013.

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_