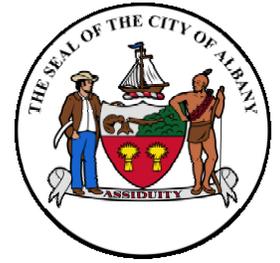


FLEET FEET City of Albany
Sports 11th Running Club



Come join the City of Albany's Recreation Department and Fleet Feet Sports for seven weeks of **FREE** summer running lessons, fitness, and fun!

Who can join? This program is **FREE** and open to all city residents who are **8-15** years old. Children of **ALL ABILITIES** are welcome. New members will not be allowed to join after July 19th.

What will practices be like? You will learn to run faster and farther while having fun, through seven weeks of instruction and games. Everyone will end the summer with a fun run of one, two, or three miles.

When? July 3rd– Aug 16th 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 for each participant by Fleet Feet Sports Albany for use during club practices. All club members completing the summer program will be awarded these shoes and socks to **KEEP for FREE!

**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 with any questions.

(backside of Flyer)

City of Albany Youth Running Club: Permission Slip

Youth 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 3, 2012 and August 16, 2012.

Parent/Guardian Signature: _____

Date: _____

<http://albany2030.org/>