



Chester County Running Store Kids' Running Club – 2009

What: A running club for kids ages kindergarten through 8th grade designed to introduce them to the sport of distance running in a non-intense way. Also, great for kids wanting to get in shape for other sports or just improve their general conditioning.

Where: WCU South Campus Trails (Tu, Th) and Oakbourne Park (Sat).

When Tuesdays and Thursdays at 6:15 p.m. and Saturdays at 9:30 a.m. The first meeting will be on **Tuesday, April 14th at 6:15 p.m.** We will go until June 13th, and then take a break until August 18th at which time we will train for the CCRS Kids' XC series (there may be casual running over the summer for those older runners that are interested). XC training will continue through mid November.

Description: Each session will typically consist of a warm up run, stretching, a main distance run, speed drills or hills, and should take about 45 minutes in total. All runs will be on the dirt trails behind the stadium or on grass at Oakbourne Park. Parents are welcome to run with the kids. Based on turnout we will break into groups based on age and running ability. There will be at least one adult for each group.

Equipment: Running or cross training sneakers, water or sport drink, and weather appropriate clothing (we run in all conditions with the exception of lightning/thunder).

Contact Info: Registration is through the Chester County Running Store (www.runccrs.com), 24 S. High Street, West Chester, PA (phone 610-696-0115, or fax 610-696-4350). Registration Form attached.

Cost: Cost is \$65.00 per runner per year. Includes insurance, coaching and a running shirt. Checks should be made payable to **WCXC**.

Questions: If you have any questions, please contact the Store during business hours or e-mail Kevin Kelly at kkellyrun98@verizon.net or e-mail Doug Lopapa at dlopapa@comcast.net or call Doug Lopapa at 610-793-6731 in the evenings.

Kids' Running Club Registration Form 2009

First Name _____ Last Name _____ School _____

Address _____ Shirt Size _____

City _____ State _____ Zip Code _____

Parents' e-mail _____ Phone # _____

Are you on the CCRS e-mail list? _____

Sex M F Grade _____ Have you run with this club before? Y N

Waiver: In consideration of the acceptance of this entry, I hereby waive and release any and all rights and claims for damages that I or my heirs may have against the Chester County Running Store, its officials, and its volunteers. I certify that I have been medically cleared to participate in this event.

Signature of Participant _____ Parent Signature _____