



**A NEW YOUTH TRACK & FIELD PROGRAM FOCUSED ON
FUN, LEARNING, AND HEALTH**

When: Six weeks, on Sundays (April 24, May 1, 8, 15, 22, 29) from 3:00 PM to 4:00 PM

Where: Boardman High School Stadium, 7777 Glenwood Ave, Boardman, OH 44512

Who Can Join: Kids Grade K – 6

What: Get out, get active, and learn about Track and Field! Each week kids will be broken into groups based on their age and rotate through multiple events learning about each one. Events include:

- 100 m
- Hurdles
- Long Jump
- 4 x 100m Relay
- 1/2 Mile Run

What's Included: T-shirt, Water and a Fruit Snack following each week's event, and a registration into the "The Mile" which will be a 1-Mile Run/Walk event held on May 29 (week 6) at Boardman High School.

Cost: \$40 per child

Register Online: SecondSoleRacing.com; for questions email FastFeetYtown@gmail.com



Please Make All Checks Payable To: Fast Feet Youngstown
Mail Entries To: Second Sole, 755 Boardman-Canfield Rd., Boardman, OH 44512

NAME: _____ AGE: _____ SEX: M F

EMAIL ADDRESS: _____ PHONE NUMBER: _____

ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____

SHIRT SIZE: YOUTH: S M L ADULT: XS S M L XL

Race Waiver for Above Specified Event

I know that running is a potentially hazardous activity which could cause injury or death. I should not enter and run unless I am medically able and properly trained, and by my signature, I certify that I am able to perform this event, in good health, and properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather including high heat and/or humidity, rain and slick surfaces, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, roller skates or blades, animals, and headsets of any type are not allowed in the race and I will abide by this guideline. Having read this wavier and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Fast Feet Youngstown, Boardman High School, all sponsors, their representatives, employees, and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the afore mentioned parties to use my photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Signature: _____ Date: _____

Parent or Guardian must sign for participants under 18 years of age