



## 2010 Junior Striders

Who: 4-8 year olds  
When: Wednesdays, July 14<sup>th</sup> - August 18<sup>th</sup> (6 weeks)  
Time: 6:00pm- 7:00pm  
Where: Annapolis High School track

Please come join the Annapolis Striders in a fun, low-key kids running/exercise summer program. Activities to include:

Stretching  
Sit ups  
Jumping jacks  
Indian relays  
Drills  
Body Bingo  
Animal run  
Relays  
Simon Says  
Red light/Green light  
Scream Team

**We must have an email address for parent(s)/guardian(s) to communicate in case of bad weather, track conditions, etc.**

To register, please complete the information and waiver below and mail to:

Lara Mish  
234 Bowen Ct.  
Annapolis, MD 21401

CHILD'S LAST NAME \_\_\_\_\_ CHILD'S FIRST  
NAME \_\_\_\_\_ MI \_\_\_\_\_ PHONE \_\_\_\_\_  
STREET \_\_\_\_\_ CITY/STATE \_\_\_\_\_  
\_\_\_\_\_ ZIP \_\_\_\_\_  
AGE \_\_\_\_\_ DOB (MM) \_\_\_\_\_ (DD) \_\_\_\_\_ (YYYY) \_\_\_\_\_

**EMAIL ADDRESS:** \_\_\_\_\_

GENDER MALE [ ] FEMALE [ ]

ARE YOU A MEMBER OF THE ANNAPOLIS STRIDERS? YES [ ] NO [ ]

**Participation in Junior Striders requires parent or participant to be a member.**

[Mail-In Membership Application](#) or [Online Membership Application](#)

EMERGENCY CONTACT PERSON \_\_\_\_\_  
EMERGENCY CONTACT PHONE NUMBER \_\_\_\_\_

**WAIVER AND RELEASE:** I know that running is a potentially hazardous activity. I understand that I should not participate unless medically able. I assume all risks associated with involvement with this race, including but not limited to falls, contact with participants, the effects of weather, including high heat and/or humidity, the condition of the course and/or road, traffic on the course—these risks being known and appreciated by me. Having read this **Waiver and Release**, knowing these facts, and in consideration of my being accepted into this program, I, for myself and anyone entitled to act on my behalf, waive and release the Annapolis Striders, the Road Runners club of America, all sponsors and hosts, and their representatives and successors from all claims or liabilities of any kind arising from my involvement in this race.

SIGNATURE OF PARENT, IF ENTRANT UNDER AGE 18

\_\_\_\_\_ DATE \_\_\_\_\_

Any questions, please contact Lara Mish at 410.266.8035.