



# Rise and Shine Road Runners

with Reeves Community Center



The 1<sup>st</sup> Annual Reeves Community Center running club will begin on September 12<sup>th</sup> at 5:30 AM. All scheduled runs will be on Tuesdays and Thursdays mornings at 5:30 AM. Runners of all abilities are invited to come join and will be grouped accordingly.

There will be three runs each day for all levels to participate. Come meet a new friend or bring one with you.

**Beginners:** Walk/Jog/Sprint (1 -2 miles)

**Intermediate:** Jog/Sprint (2-4 miles)

**Elite:** Jog/Sprint (4-8 miles)

## 2006 Reeves Community Center Registration Form

**Name:** \_\_\_\_\_ **Birthday** \_\_\_\_\_

**Age:** \_\_\_\_\_ **Email** \_\_\_\_\_

**Address:** \_\_\_\_\_ **Phone** \_\_\_\_\_

**Waive:** I/We hereby give my/our approval for the named candidate to participate in an activity and any future activities that we/they may be involved in at The City of Mount Airy's Reeves Community Center. I/We assume all risks and hazards incidental to such participation and I/We do hereby waive, release, indemnify, and agree to hold harmless Reeves Community Center, the City of Mount Airy, the organizers, sponsors, supervisors, participants, coaches, and persons involved for injuries while using the facilities and transporting, our child/our self to and from activities, for any claim arising out of any injury to our child/our self for any cause. City of Mount Airy/Reeves Community Center will not be held responsible for loss of personal property.

This agreement must be signed and returned before the first scheduled activity for you to be able to participate.

Signature \_\_\_\_\_ Date \_\_\_\_\_  
(Parent or Legal Guardian must sign if candidate is under 18 years of age.)



