

Tom Short Run Kids Training Teams Registration

Child's name: _____

Name of Parent(s)/ Guardian(s): _____

Cell phone: _____ Work phone: _____

Emergency contact name / phone: _____

Child's grade in upcoming school year: _____

Name of School: _____

Name of child's pediatrician/ doctor: _____

Physician phone: _____

Does your child have any of the following: (circle Yes or No)

Heart conditions	Yes / No
Dizziness	Yes / No
Diabetes	Yes / No
Shortness of breath	Yes / No
Thyroid disorder	Yes / No
Bone or joint problems	Yes / No
Seizures	Yes / No

Current medications (if any): _____

Please list any food allergies: _____

Please describe any health problems: _____

Do you know of any reason why your child should not participate in physical activity? Yes No

If yes, please explain: _____

I understand the purpose and objectives of the program and wish to enroll my child as a participant. By signing this Training Teams Health and Permission Form, I give permission to have my child photographed for publicity and marketing objectives. I attest that I have carefully and completely read the information provided and agree that the minor child:

Participant's name: _____

does not have any reasons which prevent him/her from participating in the Tom Short Run Kids Training Teams.

Parent/ Guardian Signature

Cost: \$15 Includes Tom Short Training Team running shirt, the registration fee for the Tom Short 5K Trail Run and the race day T-shirt, and all of the running information and fun you can take! All proceeds will be used to construct and maintain the General Dacey Trail - located in Shelbyville.

Last Name

First Name (child)

Male Female

Street Address City State Zip

Email (required for updates)

_____/_____/_____
Birth Date Age

Children's Shirt Size: S 6/8 M 10/12 L 14/16 XL 18/20

Waiver of legal liability: By signing below, I for myself, my executors, administrators and assignees, do hereby release and discharge from liability the City of Shelbyville, County of Shelby, State of Illinois, Shelbyville Area Community Foundation, all sponsors, directors and volunteers and organizers of the Tom Short 5K Trail Run/Walk and or Tom Short Training Team, all other persons associated with the event or otherwise, and their representatives successors, and assigns for any and all injuries suffered by me in this event, however incurred or sustained. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event and or training program.

Parent / Guardian Signature

Date

Make checks payable to "SACF" and mail application/check to:

SBL Healthy Communities
655 W. Lincoln Ave Suite 13
Charleston, IL 61920

**Sarah Bush
Lincoln**
Healthy Communities

Contact:

Laura Bollan,
SBL Healthy Communities
217-345-6828
lbollan@sblhs.org



Tom Short Run
Eight-week Kids Training Teams

The eight-week program is designed for students who have completed 3rd, 4th, 5th, 6th & 7th grade and to cross the finish line of the annual Tom Short 5K trail run on **Saturday, August 5, 2017**.

All sessions are held on the trail run course. The training begins **June 13** and continues each Tuesday evening until the race. The group will meet at **7 pm** for about an hour at the Shelbyville Aquatic Center parking lot. Stretching exercises and a workout handout are included in the training. Thursday's are optional, if you would like to join us.

- Runners will track their progress in their Pit Pass Booklet and will learn about various race tracks and then compare the distance we are running to the race track.
- Runners will participate in interactive nutrition lessons.
- Runners will learn proper running techniques and training methods.
- We run together every Tuesday and Thursday (optional) night at 7 pm.

The race is unique for the following reasons:

- The course is very challenging.
- An option for team cross country scoring exists. Form a team of five runners and signup on race day for the team competition. You run the race as an individual, but we also use your finish place to score an additional team competition.
- Popsicles and chocolates highlight the post-race refreshments.
- A big splash event is held at the Shelbyville Forest Park Pool after the race for all participants.

YOU CAN DO IT