

CT Track Club 2007 Programs

**YOUR CHOICE
OF THREE
PROGRAMS—
OPEN TO
RUNNERS OF
ALL
COMMUNITIES**

1. Intro to Track & Field

For younger runners and jumpers (3rd grade—8th grade), an introduction to multiple track & field events.

**Monday & Wednesday
May 7th—June 6th
Time: 5:30—6:30
Fee = \$50.00**



**ALL PROGRAMS
HELD AT THE
PORTLAND HIGH
SCHOOL TRACK**

2. Track & Field Competitive Program

For track and field athletes ages 10 & up interested in an participating in local track & field meets.

**Tuesday, Thursday & Friday
June 12th—July 13th
Time: 6:00—7:30
Fee = \$60.00**



3. Distance Running Program

For runners age 12 and up interested in preseason training for fall cross country or road races. Weekly long runs. Some training offsite.

**Tuesday, Wednesday, Thursday
July 17th—August 16th
Time: 6:00—8:00
Fee = \$60.00**



Contact person: Deb Rooth 860-342-3008

Mail form and entry fee to:
Portland Parks & Rec
East Main Street
Portland CT 06480

“The Benefits are endless...”

- 1. — Intro to Track & Field
- 2. — Track & Field Challenge
- 3. — Distance Running

Name

Address

Emergency Phone

T-shirt Size: S M L XL
Adult or Youth

Sex _____ Age _____

Waiver—I hereby give permission for my child to participate in the above program(s). I understand recreational activities may present a risk of injury. I certify that my child is in good health unless I have otherwise stated on this form.

Signature of parent or guardian if under 18 years of age. Date _____

email address