

# THE SQUANNACOOK RIVER RUNNERS

PRESENT THE

2017

EIGHTH ANNUAL

GROTON



## ADULT SUMMER WORKOUT

### PROGRAM INFO

**Open House:** June 26, 2017

**NEW Location:** Groton-Dunstable Middle School Track (342 Main Street; Groton)

**Cost:** \$40 per person

**Plus an Orange Wicking T-Shirt (Optional & Recommended): \$15.00**

**Schedule:** Every Monday and Wednesday

From **June 26 – August 16**

4:45 pm– 6:15 pm

### PROGRAM SIGN-UP

**When:** Applications accepted through 6/26

**Mail To:** Squannacook River Runners

Summer Track and Field

P.O. Box 413

West Groton, MA 01472

**Payable To:** Squannacook River Runners or SqRR

**Guaranteed T-Shirt, if ordered, if you register before May 29<sup>th</sup>, 2017!!**

### FOR FURTHER INFORMATION:

Call Kerri @ (978) 870-8597 or email [SQRRtrack@gmail.com](mailto:SQRRtrack@gmail.com)

**2017 SqRR ADULT Summer Workout Program Registration Form**

**First Name** \_\_\_\_\_ **Last Name** \_\_\_\_\_

**Sex (Circle one):** **Male** **Female** **Restrictions/Meds:** \_\_\_\_\_

**T-Shirt Size (Circle one):** Adult Size: Small Medium Large X-Large

**Mailing Address** \_\_\_\_\_

**Town** \_\_\_\_\_ **Zip** \_\_\_\_\_

**Email** \_\_\_\_\_ **Phone #** \_\_\_\_\_ **Home** **Cell**

**Waiver:** I voluntarily agree to participate in the Summer Track & Field Program and knowingly assume any and all risks of loss, damage to my person or property, injury (including death), both foreseen and unforeseen, of my attendance at and participation in the Summer Track & Field Program, from any cause whatsoever, including the fault or negligence of Releasees (as defined below).

I, for myself, my heirs, personal representatives and assigns do hereby release, waive, discharge and covenant not to sue the Town of Groton, the Groton-Dunstable Regional School District, the Squannacook River Runners, their respective officers, directors, employees, agents and volunteers (collectively "Releasees") from all liability, loss, claims, demands, possible causes of action, court costs, settlement

costs and fees, attorneys fees and any other expenses arising from any claim or lawsuit that may arise from any loss, damage or injury (including death) to me or my property resulting from or arising in connection with, or related to, my attendance at or participation in the Summer Track & Field Program.

In the event that I am injured, I hereby consent to the provision of necessary and appropriate emergency medical treatment.

**Signature** \_\_\_\_\_ **Date** \_\_\_\_\_