

STANDLEY CROSS COUNTRY



J.H. COHN LLP

STANDLEY MIDDLE SCHOOL RUNNING CLUB

WHAT: Are you interested in learning how to become a better runner? Would you like to learn more about running Track & Field and Cross Country in high school?

WHEN: Once a week for 90 minutes on Wednesday's after school (including half days)
Beginning September 5, 2007

WHERE: Softball fields behind Standley Middle School parking lot

A group of UC High Track & Field and Cross Country runners volunteer, with the supervision of Marshall Varano, weekly running workouts. This is NOT a Standley Middle School sponsored team.

We take runners of all levels and teach them how to run faster and more efficiently. We also introduce the runners to various endurance workouts which they might eventually encounter if they decide to compete at the high school level.

We provide workouts that you can do on your own during the week.

During the season we also put together two-mile cross country races with various other middle schools, culminating in a championship race at the end of the season.

If you would like to learn more about this program, please come to our initial meeting near the softball fields south of the Standley Middle school parking lot and east of the tennis courts. You may also call me at (858) 535-2000 or email me at mvarano@jhcohn.com. Parents are encouraged to attend our first meeting.

Thanks,

Marshall Varano

(Please turnover and complete waiver)



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STANDLEY MIDDLE SCHOOL RUNNING CLUB Waiver

NAME & ADDRESS

PHONE # & EMAIL ADDRESS

This program is NOT sponsored or sanctioned by Standley Middle School and is purely voluntary.

I, the undersigned, understand that there are risks associated with strenuous physical exertion and with this training program, including but not limited to those caused by terrain, weather, condition of the athlete, vehicles, other participants and failure to adequately hydrate. In consideration of the right to participate in this volunteer program, I hereby assume all risks associated with this program and I hereby waive, release and discharge any and all claims for damages for death, personal injury or property damage or actions of any kind which may hereafter accrue to me or any other person as a result of my participation in this program. This waiver and release shall be binding on my heirs and assigns and shall run in favor of Marshall Varano, Standley Middle School, UC High School and all assistants or volunteers in any way connected with this program, even though their liability may arise out of negligence and carelessness on their part.

Parent's Signature

Date

What sports do you currently participate in? _____

Do you currently run? Yes / No

