



R. A .D. TRAINING

(FRIDAY TRAIL RUNS, JUNE 1 - AUGUST 3)

RUNNER ATTRIBUTE DEVELOPMENT prepares runners for regular cross-country and track seasons. The summer session is specifically designed to build core & leg strength, running efficiency and a "can-do" mentality while enjoying the great outdoors in our area. (more info: Todd Nunan 530-277-5653; twnunan@yahoo.com

New Western Glory: www.nwglory.com

WHO: ALL ATHLETES, INCLUDING CROSS-COUNTRY AND TRACK & FIELD (PARENTS ARE WELCOME BUT NEED NOT RUN).

WHEN & WHERE*: FRIDAYS 9AM - 11:30AM (FIRST RUN WILL MEET 8:30AM JUNE 1ST AT ROSS PARK (POOL PARKING LOT BY THE BASEBALL FIELD) AND THEN CARPOOL TO THE TRAIL*

BRING: RUNNING SHOES (IN GOOD CONDITION), CLOTHING APPROPRIATE TO THE WEATHER OF THE DAY, WATER BOTTLE, SNACK (LUNCH ON DAYS THAT WILL BE SPECIFIED), AND SUNSCREEN.

name of runner: _____

Home phone; _____

name of parent or guardian: _____

emergency contact ph. #: _____

Running Attribute Development (RAD) running-training will be conducted under the assumption all participants have medical coverage

I (me) and my child acknowledge that naturally caused physical accidents can occur and that **we** will not hold New Western Glory or their staff liable for injuries that are common to physical training and trail running as well injuries caused by unforeseen natural hazards.

Signature of Parent or Guardian:

Date: _____

*For subsequent runs: Trailhead will be announced each week; we will meet there at 9AM (carpooling will continue to be available from Ross Park at 8:30AM).