



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: Our initial meeting will be on **Tuesday, September 6th**. Our following workouts will be weekly on Tuesday's after school for 90 minutes **beginning September 13, 2016**.

WHERE: Softball fields behind Standley Middle School parking lot.

Weekly running workouts are supervised by Marshall Varano and Melinda Prietto. Additional volunteers include runners from the UC High Track & Field and Cross Country teams.

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 season.

If you would like to learn more about this program, please come to our initial meeting near the softball fields south of Standley Middle School parking lot and east of the tennis courts. You may also call me at (858) 300-3424 or email me at Marshall.Varano@CohnReznick.com. Parents are encouraged to attend our first meeting.

Thanks,

Marshall Varano
(Please turn over and complete waiver)





STANDLEY MIDDLE SCHOOL RUNNING CLUB

Waiver

Please write Legibly

Name and Address

Cell Number and 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, condition of the athlete, vehicles, other participants, and failure to adequately hydrate. In consideration of the right to participate in this voluntary 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 Signature

Date

Thanks,

Marshall Varano

What sports do you currently participate in?

Do you currently run? Yes / No

