



KINDERHOOK RUNNERS CLUB PRESENTS:
2018 ANNUAL SPRING CLINIC

KRC's Annual Spring Clinic kicks off on April 18th and continues every Wednesday through June 6th, from 6pm – 7pm at Ichabod Crane High School Track. The clinic is free and open to runners and walkers of all ages and abilities. KRC offers a training program that will help you get in shape this spring and prepare you for the Kinderhook Bank OK5K and Kids 1-mile race on June 9th in Kinderhook. Pre-registration for the adult clinic is not required. Just show up ready to move!

The **Free YOUTH Running program** (K-6th grade) is held at the same time and location. Registration for the youth clinic is requested. Parents are expected to remain on site while their child participates and are welcome to volunteer with the kids program or participate in the adult clinic.

Please complete the registration form below for the youth program and return to:

Mail: KRC
PO Box 241
Kinderhook, NY 12106

Email: info@kinderhookrunnersclub.com , www.kinderhookrunnersclub.com

NAME OF YOUTH: _____ GRADE _____

EMERGENCY CONTACT NAME: _____

TELEPHONE: _____ EMAIL: _____

PARENT/GUARDIAN SIGNATURE: _____

KRC proud to be sponsored by:

