

Running Clinics

The series of clinics incorporates lots of fun into age appropriate training sessions (stretching, games, running and plenty of laughter). Healthy snacks and give-a-ways brighten young faces.

2004 Running Clinic Schedule

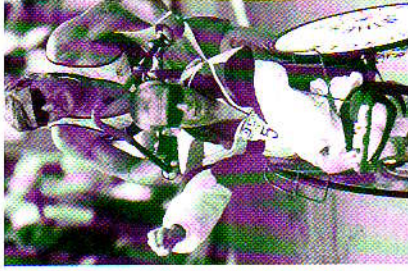
Please be sure that your child comes equipped with running shoes and a willingness to learn. Parents are encouraged to bring their smiles, enthusiasm, and a camera. You won't want to miss the fun!

All clinics run from 6:00 – 7:30 pm.

CLINIC #	DAY	DATE	LOCATION
1	Tuesday	June 8	Nashua High School South Nashua, NH
2	Tuesday	June 15	Pennichuck Jr. High School Nashua, NH
3	Tuesday	June 15	Alvirne High School Hudson, NH
4	Tuesday	June 22	Merrimack High School Merrimack, NH
5	Wednesday	June 30	Souhegan Cooperative Amherst, NH
6	Tuesday	July 6	Keyes Field Milford, NH
7	Tuesday	July 6	Campbell High School Litchfield, NH
8	Tuesday	July 13	Nichols Field Hollis, NH

Finals Day: July 24th 2004

On your mark, get set, go...Everyone wins on Finals Day!



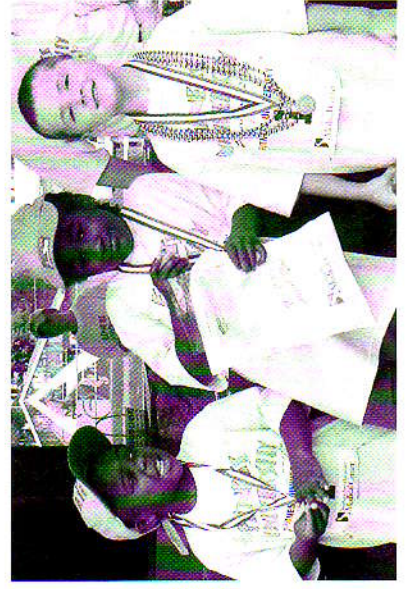
Dick and Rick Hoyt, the inspirational father/son race team.

Join Team Hoyt and all the fun on Finals Day, Saturday, July 24, 2004, 9:00 am - 1:00 pm at Nashua High School South. Meet Dick and Rick Hoyt, our 2004 Deans of Fitness. From the Boston Marathon to the Ironman Triathlon in Hawaii, Team Hoyt races to integrate the physically challenged into every day life. They'll inspire you and your children.

Check-in: 9:00 - 9:30 am

Opening Ceremonies: 9:45 am

Register in advance so our rosters will be complete, and we can have race bibs and t-shirts for everyone. Seating is limited - bring a lawn chair and a smile! (See back for schedule)



OFFICIAL ENTRY FORM

Detach and mail Entry Form to: FITNESS UNIVERSITY, c/o Gate City Striders, Inc., P.O. Box 1065, Nashua, NH 03061

Last Name

First Name

Initial

Age On 7/24/04

Year of Birth

Street Address

City/Town

State

Zip Code

M F

Telephone

T-Shirts (Children's sizes)

 XS S M L XL

Waiver

I know that running in a foot race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decisions of an official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and or humidity, and conditions of the track surface, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry I, for myself and anyone entitled to act on my behalf, waive and release Gate City Striders, Inc., and Southern New Hampshire Medical Center, The City of Nashua, invited guests, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participating in this event. I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Parent/Guardian's Signature

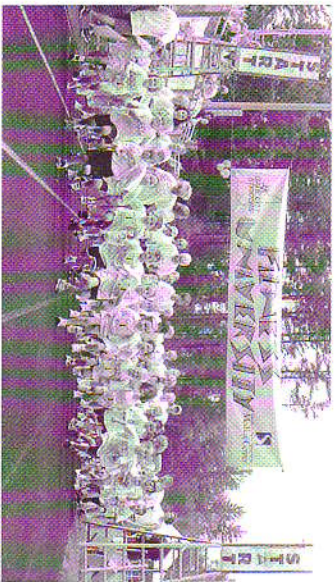
Date

- Please send my family information about the Gate City Striders
 I have completed Fitness University ___ times

About Fitness University

Fitness University is a free running fitness program for children 3-14. Developed in 1989 by the Nashua Gate City Striders, Fitness University is dedicated to promoting the importance of fitness, fun and good health.

Through June and into July, running clinics are held in Nashua and surrounding towns. The fun culminates on Finals Day with games, prizes and plenty of laughter for all.



Your child may never be a track star or marathon runner, but the lessons learned at Fitness University 2004 can help him or her develop good healthy habits for life.

For further information, contact us at:
fitnessul@aol.com.

Finals Day Schedule

Age Group	Distance of Event
3 - 4 "Little Mini-Marathon"	26.2 yards
5 - 6	1/4 mile
7 - 8	1/2 mile
9 - 10	1 mile
11 - 12	1 1/4 miles
13 - 14	1 1/2 miles
7 - 14 Novice Division	1 1/4 miles

All participants receive a medal and a Fitness University T-shirt plus packets containing healthy snacks and fun stuff, just for kids! Lots of free refreshments!



FITNESS UNIVERSITY

Free!
 Just For Kids Ages 3 to 14



Finals Day Saturday, July 24th 2004
 9:00 AM - 1:00 PM

Nashua High School South,
 Panther Drive, Nashua, NH

Sponsored by:

 Southern New Hampshire
Medical Center
 A HIGHER LEVEL OF CARE.

Hosted by:

