

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.

From early June through July, the free running clinics are held in Nashua and surrounding towns. *The fun culminates on Finals Day with games, prizes and plenty of laughter for all.*



The lessons learned at Fitness University 2008 can help your child develop good healthy habits for life.

For further information, to register online or to print additional brochures, go to RunFitnessU.com on the Web. To contact us, go to fitness1@aol.com.

Finals Day Events	
Age Group	Distance of Event
3 – 4	100 yard/meter dash
5 – 6	1/4 mile
7 – 8	1/2 mile
9 – 10	1 mile
11 – 14	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!



FREE!

FITNESS UNIVERSITY

2008




Just For
Kids Ages
3 to 14

Finals Day

Saturday, July 26, 2008 9:00 AM – NOON
Nashua High School South, Riverside Drive, Nashua, NH

Sponsored by:

 Southern New Hampshire
Medical Center
A HIGHER LEVEL OF CARE.

Hosted by:



Finals Day: July 26, 2008

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



Join all the fun on Finals Day, Saturday, July 26, 2008, 9:00 am - noon at Nashua High School South. Finals Day is packed with fun-filled events for all ages – games, stretching, running, visits from special guests, a health tent full of safety tips and healthy snacks, and lots of goodies for all, and it's FREE.

Check-in: 9:00 - 9:30 am
Opening Ceremonies: 9:30 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!



Running Clinics

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

2008 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 3	Adams Field Milford, NH
2	Monday	June 9	Souhegan Cooperative High School Amherst, NH
3	Tuesday	June 17	Campbell High School Litchfield, NH
4	Tuesday	June 24	Merrimack High School Merrimack, NH
5	Tuesday	July 1	Alvirne High School Hudson, NH
6	Tuesday	July 8	Hollis Brookline High School Hollis, NH
7	Tuesday	July 15	Pennichuck Middle School Nashua, NH
8	Tuesday	July 22	Pennichuck Middle School Nashua, NH

Note: Fitness University is hosted by the Gate City Striders and is not a school activity.

Register on the Web at www.RunFitnessU.com or detach and mail Entry Form to:
FITNESS UNIVERSITY, c/o Gate City Striders, Inc., P.O. Box 1065, Nashua, NH 03061 or BRING the form with you to a CLINIC.

Last Name

Street Address

Telephone

First Name

City/Town

T-Shirts (Children's sizes)
 S M L XL

Initial

State

Age On 7/26/08

Zip Code

Year of Birth

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, for any other record of this event or any legitimate purpose.

Parent/Guardian's Signature _____ Date _____

Parent's Email _____

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