



# Squannacook Rivers Runners Club

## 3<sup>rd</sup> Annual Hershey Track & Field Clinic



For: **Boys and Girls, ages 9 - 14 (as of 12/31/08) \*\*Limited to 40 Participants**  
 Location: **Groton - Dunstable High School Track (At the New High School)**  
 When: **Monday, June 2 6:00 – 7:30**  
**Wednesday, June 4 6:00 – 7:30**  
**Monday, June 9 6:00 – 7:30**  
**Wednesday, June 11 4:00 – 5:45 Scrimmage @ Harvard**  
**(Rain date June 13 or 14)**  
**Monday, June 16 6:00 – 7:30**  
**Wednesday, June 18 6:00 – 7:30**  
 Local Meet: **Thursday, June 19 6:00 – 8:15 in Harvard**  
 Rain Date: **Saturday, June 21**  
 State Meet: **Saturday, June 28 in Bolton – Nashoba R.H.S. (based on qualifying performance)**

Cost: **\$55 (10% discount for siblings)**

Can you leap tall buildings in a single bound, run faster than a speeding bullet, or throw a ball more than a mile?

Are you fast? Do you like to race? Do you have a "good arm"?  
 Can you and your friends form a fast team?

Come to this informal and fun track and field clinic designed to familiarize participants with the Hershey Track Meet events.

Events include a softball throw for distance, the broad jump, and four individual running races of different distances. There is also a 4 x 100 relay. Come with your relay team put together, or we will create and put you in one.

The Hershey track program is a national program involving recreation departments that hold local and state track meets, culminating in an invitational, all-expense paid trip and competition in Hershey, PA. The program is sponsored by the Hershey Corporation to promote fitness in America's youth.

For additional questions please contact David Bell @ (978) 369-9173 or [davidkbell@hotmail.com](mailto:davidkbell@hotmail.com)  
 Visit [www.hersheystrackandfield.com](http://www.hersheystrackandfield.com) to learn more about the program.

\*The Groton-Dunstable Regional School District approves only the distribution of this material and does not assume any liability for programs contained herein.

Retain top half for your information and return bottom half to: Squannacook Rivers Runners;  
 P.O. Box 451; Groton, MA 01450. Please make checks payable to **Squannacook Rivers Runners**

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Name \_\_\_\_\_ Current Grade \_\_\_\_\_ Age as of 12/31/08 \_\_\_\_\_  
 Address \_\_\_\_\_ School \_\_\_\_\_ Telephone # \_\_\_\_\_  
 Emergency Telephone # \_\_\_\_\_ E Mail Address \_\_\_\_\_

**Waiver:** I give the Squannacook River Runners permission to transport my child to the nearest hospital in the event of an emergency. I further consent to medical treatment, if necessary, if the above parent or emergency contact cannot be reached. I agree to hold harmless the Town of Groton, the Groton-Dunstable Regional School District and the Squannacook River Runners from any claims of liability related to any accident that may occur.

Signed \_\_\_\_\_ Date \_\_\_\_\_