



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

RUNNING GROUP

Every Run is a Good Run

Tues. & Thurs.
6:00-7:00 pm

June 18-August 22

Whether you are looking to achieve your fitness goals or the opportunity to train with new people this group is for you! Participants are encouraged to participate in the Downtown Auburn Mile on Friday, August 23

Fee: Y- Member...FREE General Public... \$120

For more information or to register call or visit the Auburn YMCA, 27 William Street, Auburn NY 13021
315.253.5304 www.auburnymca.org



Intermediate Level
Must be able to run 20 minutes



2019 Running Club Waiver and Registration Form

Name: _____ Phone: _____

Address: _____

E-Mail: _____

I hereby authorize emergency medical treatment to be administered in the event I am not able to give permission. I hereby release and hold harmless the YMCA Running Club, its sponsors and supervisors. In case of injury, I hereby waive all claims against the organizers, sponsors or any of the supervisors appointed by them.

Signature: _____ Date: _____