



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Every Run is a Good Run

RUNNING GROUP



Intermediate Level
(must be able to run for 20 minutes)

January 8–May 26
Tues. & Thurs.
6:00–7:00 pm

Whether you are looking to achieve weight loss, fitness goals or the opportunity to train with new people this group is for you!

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



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: _____



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