***TRAVERSE AREA RUNNING CLUB***

***2016***



**MEETS EVERY**

**SUMMER WEEKDAY**

**DOWN BY THE BAY!**

**8 WEEK SESSION**

**BEGINS MONDAY,**

**JUNE 13 & ENDS**

**FRIDAY, AUGUST 5**

**Who?** Any middle school or high school age athlete who wants endurance training for fall cc, soccer, or other fall sport.

**When?** 8:00 a.m. Monday to Friday

**Where?** The Dog Park at Grandview Pkwy & Division St. in TC.

**Cost?** $25 registration fee for individual or $20 each if more than one family member.

**Contact**:

Coach Bryan Kay 734-645-3026

or kaybr@tcaps.net

Coach Diane Goss 231-620-1437

or goss.diane@gmail.com

*GET YOUR TRAINING RUN IN DURING THE*

*COOLEST TIME OF THE DAY! DON'T FORGET A*

*TOWEL FOR A DIP IN THE BAY AFTER YOUR RUN!*

*DON'T HESITATE TO CONTACT ONE OF THE*

*COACHES FOR ASSISTANCE IN CHOOSING THE*

*BEST LEVEL OF TRAINING FOR YOU!*

*MEMBERS RECEIVE AN 8 WEEK TRAINING SCHEDULE +*

*LOG CHART TO RECORD TRAINING + DAILY SUPERVISION*

*BY ADULTS WHO RUN WITH CLUB MEMBERS + A TECH*

*T-SHIRT + END OF SUMMER PICNIC + WEEKLY TREATS!*

***"The club is informal in nature and takes a low key approach***

***that is not intimidating for beginners. A good way to meet***

***future teammates in an informal setting regardless of the***

***endurance sport you are training for."***

- - - Clip and mail by June 6 or bring form with you on June 13 - - -

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Upcoming Grade \_\_\_\_\_\_\_\_\_\_\_

Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ City \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Zip Code \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Make checks payable to**:

Traverse Area Running Club

**Mail Registration to**:

Traverse Area Running Club

C/O Diane Goss

11226 S W Bayshore Drive

Traverse City, 49684

Shirt Size: Male: Youth Small, Youth Medium, Youth Large, Small, Medium, Large

Female: Youth Small, Youth Medium, Youth Large, X-Small, Small, Medium, Large

It is the responsibility of the athletes, or their parents if under the age of 18, to obtain a physical

exam prior to a training program such as that provided by TARC. While not required, it is highly

recommended. TARC coaches and members assume no liability for any injury which may occur

through the participation of club training runs or other club related activities or events.

Athlete's Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parents Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_