



Run like the wind... or a mountain lion! This fall program includes eight weeks of training focusing on skills to prepare young runners for cross-country running and racing! Runners will meet with coaches twice a week after school and can also participate in four optional cross-country meets throughout October and early November. The fun and informative environment will include: form drills and analysis, fun runs, stretching techniques, conditioning exercises, distance training, cool downs and running games. Students will enjoy learning from caring and experienced coaches who specialize in training for young runners. Each participant will receive a Nike technical shirt and Honey Stinger kid nutritional products

Optional cross-country meets will be hosted from 9-11am on Saturdays at an additional cost:

- 9/26, 10/10, 10/24 & 11/7

These meets require a separate registration with your coach at a cost of \$5 per race.

**Columbine:**

- Practice Days: Tues/Thurs, starting 9/15 – 11/5
- Practice Time: 3 – 4pm
- Practice Location: Columbine South Field\*

\*BML kids are released at the library to the coach and walked over to the South field as a team

**Co-Coaches:** Jen Brandon & Lizi Nauth

- Jen Brandon: [jlbrandon01@gmail.com](mailto:jlbrandon01@gmail.com)
- Lizi Bolanos-Nauth: [LiziBolanos@hotmail.com](mailto:LiziBolanos@hotmail.com)

**Please read:** visit <http://www.fleetfeetboulder.com/mountainlionskidstraining>. Optional cross-country meets will be hosted every other Saturday from 9-11am on 9/26, 10/10, 10/24 and 11/7. Please register for meets with our Fleet Feet coach separately.

Registration Form: *To be returned to Columbine Office*

Parent/Guardian:

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

Name of Child: \_\_\_\_\_ DOB/Age: \_\_\_\_\_

School: \_\_\_\_\_ Teacher: \_\_\_\_\_

Any known allergies? \_\_\_\_\_ If yes, what? \_\_\_\_\_

Any medications the instructor should be aware of? \_\_\_\_\_

Any other information the instructor should be aware of? \_\_\_\_\_

\_\_\_\_\_

Name of Child: \_\_\_\_\_ DOB/Age: \_\_\_\_\_

School: \_\_\_\_\_ Teacher: \_\_\_\_\_

Any known allergies? \_\_\_\_\_ If yes, what? \_\_\_\_\_

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School: \_\_\_\_\_ Teacher: \_\_\_\_\_

Any known allergies? \_\_\_\_\_ If yes, what? \_\_\_\_\_

Any medications the instructor should be aware of? \_\_\_\_\_

Any other information the instructor should be aware of? \_\_\_\_\_

**Cost: \$65 per child**

**\*Scholarships may be available based on income. Please check here if you would like to be considered. \_\_\_\_\_ . Proof of income will be required for consideration.**

# of children enrolling: \_\_\_\_\_

Total Cost: \$ \_\_\_\_\_

Payable by cash or check made out to "**Fleet Feet Sports**"

By signing below as parent/guardian, I release above named child to participate in the Mountain Lions Fall Running program.

I release Boulder Valley School District ("BVSD"), Fleet Feet Sports Boulder and their respective agents from any liability for injury resulting from participation. I agree to abide by and uphold BVSD rules, policies and procedures, to respect the decisions of coaches and officials made in the course of performing their duties and to assume full responsibility that the child I am registering and all of our family members and guests do the same. I acknowledge that if I fail to do so, the child I am registering fails to do so, or any of our family members and guests fail to do so, I, the child and/or, any of our family members or guests may be removed and barred from any and all Mountain Lions practices and events, that the child I am registering may be removed from the Mountain Lions program, that I may be barred from registering children for any future BVSD activities and that the child I am registering may be barred from registering for any future BVSD activities.

\_\_\_\_\_  
Signature of Parent/Guardian

\_\_\_\_\_  
Date