NEW YORK ROAD RUNNERS

City Sports For Kids® Since 1990

AT

The Armory

"The World's Fastest Track"

Track & Field Program

For boys and girls born 1997–2005

Program Dates:

#61 Spring 2011: Starts April 3, 2011

#62 Fall 2011: Dates to be determined

www.nyrr.org

Goals

- Promote physical fitness for youth
- Develop self-esteem through success-oriented sports
- Build bridges of understanding through play between boys and girls of various races and religions

Content

- Skill training for children of all ability levels in the following events: long-distance running, sprints, hurdles, relays, long jump, high jump, shot put, and javelin
- Low-key competitive meets with age-group categories
- Colorful ribbons for all participants

Program Dates

#61 Spring 2011: Sunday, April 3, 10, 17 and May 1
Time: 2:00-4:30 p.m.

#62 Fall 2011: Dates to be determined

Location/Directions

The Armory Track and Field Center is located at 168th Street and Fort Washington Avenue, south of the George Washington Bridge, one block east of Riverside Drive (parallel to the West Side Highway/Henry Hudson Parkway). **By car** take exit 15 off the Henry Hudson Parkway to Riverside Drive south. Turn left on 165th Street. Go one block up hill to Fort Washington Avenue (parking garage on right). Street parking may be easiest on Riverside Drive. **By subway**, take the A, C, or 1 train to 168th Street. Walk one block west to Fort Washington Avenue.

Spectators

Adults and children may view the program from the balcony, which has plenty of seating. Parents are responsible for monitoring children not in the program. No adults or children not in the program are allowed onto the main track floor.

Registration

$40 non-refundable fee per 4-week session. Program size is limited, so register early. There will be no confirmation of your acceptance.

Donations

New York Road Runners welcomes all donations to City Sports for Kids. (Actual cost per child is in excess of program fee.)

Volunteers

Individuals, both skilled and unskilled, are always needed.

For More Information

Please e-mail Robert H. Glover & Associates at CoachBob@CoachGlover.com.

New York Road Runners youth programs carry out NYRR's mission by establishing running-based programs that promote children's physical fitness, character development, and personal achievement in under-served communities. The programs serve nearly 100,000 children per week in some 410 schools and community centers in New York City, across the country, and internationally. For more information, visit www.nyrr.org

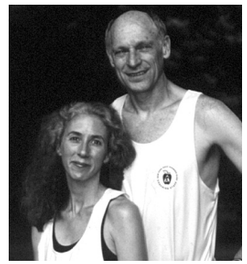
The Armory Track and Field Center (168th Street and Fort Washington Avenue), one of the finest indoor facilities in the country, has been the site of many state, national, and world record-breaking performances. City Sports for Kids uses its 200-meter banked oval track and eight-lane straightaway for distance running, relays, sprints, and hurdles. Other features of the facility include sand long-jump pits and a shot-put cage.

The Armory is the mecca for high school and college track in the New York City area. Thousands of kids participate in the various invitational and championship meets held on its state-of-the-art track—including the national high school championships. Additionally, the Armory is the home of the National Track & Field Hall of Fame.

For more information about the Armory, visit www.armorytrack.com.

Coaching Staff

City Sports for Kids is developed and directed by fitness expert Bob Glover, author of ***The Runner's Handbook*** and ***The Family Fitness Handbook***, and Shelly Glover, MA, exercise physiologist. Experienced runners and instructors serve as coaches.



NEW YORK ROAD RUNNERS

Please visit the City Sports site for more information, online application, and photo gallery.

www.nyrr.org/resources/classes/2010/city_sports_kids.asp

City Sports for Kids at the Armory Track and Field Center for kids born 1997-2005

❑ #61 Spring 2011

Name of Youth (*Please Print*) _____

Name of Parent _____

Address _____ Apt. # _____

City _____ State _____ Zip Code _____

Date of Birth _____ Check One: ❑ Boy ❑ Girl

Name of School _____

Parent's E-mail _____

Home Phone: ( ) _____

Work Phone: ( ) _____

Waiver

I know that participating in New York Road Runners events is a potentially hazardous activity. My child should not enter and participate unless medically able and properly trained. I agree to abide by any decision of an event official relative to my child's ability to safely complete the event. My child is voluntarily entering and we assume all risks associated with participating in the event, including, but not limited to, falls, contact with other participants, spectators or others, and the conditions on the track and surrounding areas, all such risks being known and appreciated by us. Having read this Waiver and knowing these facts, and in consideration of your acceptance of this application, I, for myself, my child, and anyone entitled to act on our behalf, waive and release New York Road Runners, Inc., Road Runners Club of America, USA Track & Field, the Armory Foundation, the City of New York, Department of Parks & Recreation, USATF-Metropolitan, and all sponsors, and their representatives and successors, from all present and future claims and liabilities of any kind, known or unknown, arising out of my child's participation in this event or related activities, even though such claim or liability may arise out of negligence or fault on the part of any of the foregoing persons or entities. I grant permission to the foregoing persons and entities to use or authorize others to use any photographs, motion pictures, recordings, or any other record of my or my child's participation in this event or related activities for any legitimate purpose without remuneration.

Parent's Signature _____

Date _____

Please check appropriate boxes (make checks payable to *New York Road Runners*)

$40 registration fee **per 4-week session** is enclosed

$_____Donation to City Sports for Kids Program
(Actual cost per child is in excess of program fee.)

Charge my ❑ AmEx ❑ MasterCard ❑ Visa
Sorry, no debit cards accepted. Total $_____

Credit Card Number

Expiration Date:_____ (must be April 2011 or later)

Please return application to:

New York Road Runners, City Sports for Kids
9 East 89th Street, New York, NY 10128

Applications may be photocopied.
Additional copies are available at
www.nyrr.org or by calling 212.423.2227.

NOTE:
There are no confirmations.
You will be notified if you are *not* accepted.