

Track Shack

FITNESS CLUB

TRAINING PROGRAM

Junior Track Shack Fitness

Kids age 8 - 12 years old (Registration is limited to 20 kids.) • Baldwin Park Blue Jacket Track (Glenridge Middle School)

Check One: Monday & Wednesday: 5:30 - 6:30p.m. Tuesday & Thursday: 4:30 - 5:30p.m.

The purpose of this youth training program is to provide our young people with practical running experience that will grow with their overall athletic skills and encourage fitness and health for their lifetime.

(Please Print)

Today's Date: _____

Child's Last Name: _____ Child's First Name: _____

Male: Female: Age: _____ DoB: _____ Shirt Size: Youth M Youth L Adult S Adult M

Street Address: _____

City: _____ State: _____ Zip Code: _____

Parent or Guardians Name: _____

Phone: _____ E-Mail Address: _____

Emergency Contact: _____ Emergency Phone: _____

New Participant Cost: \$75 • Alumni Cost: \$60

Cost includes a club singlet.

Yes, I would like to make a donation to the *Track Shack Foundation* \$ _____

Total Payment Amount: _____ Method of Payment: Cash Check Credit Card

Visa Master Card American Express Card #: _____

Name on Card _____ Expiration Date: _____

I authorize the following amount to be charged against my credit card: \$ _____

Parent or Guardian Authorized Signature: _____



Make check payable to: TSF

Return completed form and payment to:

Track Shack Fitness
1104 N. Mills Ave. • Orlando, FL 32803

Attn.: Junior Track Shack Fitness

Consult with your physician before beginning any exercise program.

INCOMPLETE OR UNSIGNED REGISTRATION FORMS WILL NOT BE ACCEPTED. In consideration of my entry being accepted, I intend to be legally bound, and do hereby for myself, my heirs, and executors, waive all rights and claims, which may hereafter, accrue to me against, Event Marketing & Management International, Track Shack, Track Shack Foundation, or their respective officers, agents, representatives, successors, and sponsors from all claims or liabilities of any kind arising out of my participation in any of the Track Shack Fitness Training programs even though that liability may arise out of negligence or carelessness on the part of the persons named in the waiver. If I should suffer injury or illness, I authorize the officials of the program to use their discretion to have me transported to a medical facility, and I take full responsibility for this action. I attest and verify that I am physically fit and hereby grant full permission to any and all of the forgoing to use any photographs, videotapes, motion pictures, recordings, or any other record of the event for any purposes of the event whatsoever. I agree to abide by pedestrian rules of road as stated by the FL Dept. of Transportation which include, but are not limited to: Where sidewalks are provided, no pedestrian shall, unless required by other circumstances, walk or run along and upon the portion of a roadway paved for vehicular traffic. Where sidewalks are not provided, a pedestrian walking or running along and upon a highway shall, when practicable, walk or run only on the shoulder on the left side of the roadway in relation to the pedestrian's direction of travel, facing traffic which may approach from the opposite direction. I HAVE READ THE ABOVE RELEASE AND UNDERSTAND THAT I AM ENTERING THIS PROGRAM AT MY OWN RISK.

Signature _____