



RUN FOR FUN
and get ready to
BRING ON THE HEAT!

Join Bethlehem Park and Recreation as we prepare for our first 5k run/walk to benefit the Bethlehem Fuel Bank. This 7 week beginner program is designed to help you start from scratch and safely work your way up to running 3.1 miles! We will meet one day a week for friendly, casual walk/runs and will provide a flexible plan to follow during the week to build up your strength, stamina and endurance. For more information contact Maggie Flanagan at 203-266-7510 ext.8 or 203-910-740 or Lisa Mahon 203-525-9366.

Dates: Saturday 3/4-4/15

Time: 8:30-9:30

Fee: \$30.00 includes race registration and t-shirt

For more race details visit firstmile-fitness.com

BETHLEHEM PARK & RECREATION REGISTRATION FORM

REGISTRATION INFORMATION: ALL REGISTRATIONS AND PAYMENTS FOR PROGRAMS MUST BE RECEIVED IN ADVANCE. MAKE CHECKS PAYABLE TO BETHLEHEM PARK & RECREATION, P.O. BOX 160, BETHLEHEM CT 06751. I GIVE PERMISSIN FOR MY CHILD/SELF TO TAKE PART IN THE BELOW NAMED ACTIVITY. BY SIGNING THIS FORM, I WAIVE ALL CLAIMS AGAINST THE TOWN OF BETHLEHEM, PARK & RECREATION DEPARTMENT, AND ALL PERSONNEL FROM ANY LIABILITY FOR INJURIES, LOSS, OR OTHER CLAIMS RESULTING FROM PARTICIPATION IN THIS ACTIVITY. IF I CANNOT BE REACHED, I GIVE PERMISSION TO THE ATTENDING PHYSICIAN, PROGRAM SUPERVISOR, OR HOSPITAL TO SECURE PROPER TREATMENT FOR MY CHILD OR MYSELF.

PROGRAM REGISTERING FOR _____
SIGNED PARENT/GUARDIAN/SELF _____ DATE _____
PARTICIPANTS NAME: _____ DOB _____
AGE: _____ SEX: _____ GRADE _____ FEE _____
PHONE _____ EMERGENCY PHONE _____
ADDRESS: _____ TOWN _____
EMAIL _____
ANY MEDICAL CONDITIONS THE RECREATION DEPARTMENT SHOULD BE AWARE OF?
