


**Flying Feet Summer Running Program 2009**
  
**For High School, College, and Adult Runners**  
 Monday, June 22<sup>nd</sup> through Sunday, August 16<sup>th</sup>

**Program Description:** The Flying Feet Summer Running Program is designed for runners preparing for the fall running or racing season. Workouts will accommodate all runners, regardless of speed and current level of fitness. There will be 4 to 5 group runs each week at various times and locations around Westminster. Runners must be 12 years or older to participate.

**Awards:** Participants can earn Platinum, Gold, Silver or Bronze awards. The criteria for awards include successful completion of the selected running schedule during the 8-weeks program and the timely submission of weekly running log information. There will be an awards celebration in late August.

**High School – Flying Feet XC Runner of the Year Award** – For any high school team (boys or girls) that has 7 or more members participate in the summer program. A special award will be presented at the end of your XC season. Winner will be selected by the team’s coach based on criteria established by Flying Feet.

**Registration:** The fee for participation is \$60 for each individual if received on or before June 10, 2009. Late registration is \$75. (***The program will be limited to the first 125 runners who register.***) If the registration fee is a burden, please contact David Griffin to inquire about a fee waiver.

**'09 Summer Program Shirts** – Special running shirts featuring a two-color logo are available for an additional \$20. If you wish to order one, please note the size on the registration form below. (Note – running shirt sizes are unisex, slightly fitted.) A limited number of t-shirts will be available for sale after the programs begins.

**Orientation:** Participants should try to attend an orientation meeting which will take place on Saturday, June 13, 2009 at noon at the Winters Mill High School Track. If you cannot attend the orientation meeting, please contact Dave Griffin at [dpgflyingfeet@aol.com](mailto:dpgflyingfeet@aol.com).

**Walkers:** A walking group will be organized for those interested in walking while the runners are running.

For more information, please contact Dave Griffin at [dpgflyingfeet@aol.com](mailto:dpgflyingfeet@aol.com) or call Dave at 410-857-4974.  
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**Note** – Please complete a form for each participant

Name \_\_\_\_\_ Age \_\_\_\_\_ Phone \_\_\_\_\_

Address (include City / State / Zip) \_\_\_\_\_

Email \_\_\_\_\_ High School or College (if applicable) \_\_\_\_\_

**Fees:** \$60 by 6/10/09 (\$75 thereafter)     Running Shirt - \$20    Circle Shirt Size (if applicable) S M L XL

**Total Enclosed \$** \_\_\_\_\_ Checks Payable to **Flying Feet Running Programs**

*In consideration of your acceptance of my application for participation in the Flying Feet Running Programs, I hereby, for my heirs, my executors, administrators and assignees, and myself waive, release and forever discharge Flying Feet Running Programs, LLC, and all coaches and sponsors of all claims damages, demands, and actions whatsoever in any manner arising out of my, or my child's participation in this program.*

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Participant Signature                      Date                      Parent Signature (if participant under 18)

**Mail to – David Griffin, Flying Feet Running Programs, 55 Bonfire Ct., Westminster, MD 21157**  
 Flying Feet Running Programs, LLC – [dpgflyingfeet@aol.com](mailto:dpgflyingfeet@aol.com)