

Free Children's Running Clinic for Discovery Dash 2008

The UVA Children's Hospital is again teaming up with the Virginia Discovery Museum, Ragged Mountain Running Shop, and the Charlottesville Track Club to bring 2008 Discovery Dash participants a two-week training program. This year's Discovery Dash will be held on Saturday, May 24 at the Monticello High School track. During the training program, kids will learn the fundamentals of running racing, including stretching, gait mechanics, and form. No previous running experience necessary!

- Who:** Kids of all abilities, ages 3 to 12 years old. Clinic participants are NOT required to run in the Discovery Dash. Novices welcome!
- What:** This FREE, 45-minute clinic teaches children the basics of running and racing through games, practice running routines, and lots of fun! Participants will be split up into three groups based on age. Discovery Dash Race Director, Mark Lorenzoni of Ragged Mountain Running Shop, has created and endorses this running program. Children completing the Training Program will receive two family passes to the Virginia Discovery Museum.
- Where:** The Training Program will meet at the Charlottesville High School track. Participants must be accompanied by an adult.
- When:** The Training Program will meet for 45 minutes on two Saturdays before the Discovery Dash:

Saturday, May 3, 2008

8:00 am – 8:45 am

Saturday, May 10, 2008

8:00 am – 8:45 am

Registration Deadline (for this program only):

Monday, April 28, 2008

- To Register By Mail: UVA Children's Hospital
Discovery Dash Training Program
PO Box 800224
Charlottesville, VA 22908
- To Register By Fax: 434-924-9066
- To Register Online: www.OutreachUVAHealth.org
- For More Information: Call 434-982-4034

Registering for the Training Program does not include Discovery Dash race registration. The deadline for Discovery Dash registration is Friday, May 16 with a late fee registration deadline of Wednesday, May 21. Log onto www.vadm.org for race registration.

Participant's Name: _____
Address: _____
City, State, Zip: _____
Phone: _____ E-mail: _____
Virginia Discovery Member: Yes No School: _____
Age on May 3: _____ Gender: M F

WAIVER OF LIABILITY (SIGNATURE REQUIRED)

In consideration of the acceptance of this entry to the Discovery Dash Training Program, I waive all claims for myself, my heirs, or assigns against the Virginia Discovery Museum, race sponsors, organizers and race committee for any injury or illness which may result from my child's participation. On behalf of my child and myself, I irrevocably consent to the unrestricted use by the Virginia Discovery Museum and its sponsors of my child's photograph or likeness for advertising or promotional purposes, and I waive the right to inspect or approve such completed photographs, likeness, advertising or promotional materials used in connection herewith.

Parent/Guardian Name: _____
Parent/Guardian Signature: _____



UVA Children's Hospital

