

# Windham Fun Runs

We are establishing the first annual Windham Fun Run and Health Fair Series for their Girl Scout Gold Award in conjunction with the Windham Recreation Department. These events will occur at Griffin Park on Tuesdays for four weeks, starting July 27<sup>th</sup> and continuing on August 3<sup>rd</sup>, August 10<sup>th</sup>, and August 17<sup>th</sup>. Each will start at six o'clock in the evening, with Fun Runs for children of 2 years old to adults (the lengths varying accordingly). In addition to the runs, there will be a new health topic each week for the participants to learn about. Each week will be led by local experts: July 27<sup>th</sup> will include information on nutrition, August 3<sup>rd</sup> will have dental hygiene tips, August 10<sup>th</sup> holds a yoga class, and on August 17<sup>th</sup> there will be a Zumba class. This is a family event, so please come and join the fun!

-Anna Cino and Carolyn Higgins-

## ***Information from the Recreation Department:***

Registration forms must be filled out in order to participate.. It is suggested to fill out a form ahead of time (form attached), but they will be available the night of the events. You only need to fill it out once.

Please understand that this is the first time for this event...we are very excited to offer these, but it will be a learning experience! We thank you for your patience in advance!

The races will be offered at different times, depending on the age group. The kids will be running on the front area of Griffin Park; while the older kids and adults will be on the pathway. All kids will get a ribbon! ☺ We are looking for volunteers! Please contact the Recreation Office if you are interested and able!

Thanks!

**Town of Windham**  
**Recreation Department Fun Run Participation**  
**P.O. Box 120, Windham, NH 03087 (603) 965-1208**

ADULT PARTICIPANT OR PARENT (IF CHILD UNDER 18)

CHILD NAME:

MAILING ADDRESS:

EMERGENCY CONTACT AND PHONE:

DESCRIBE ALLERGIES/MEDICAL PROBLEMS

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Participation in this sport/activity may involve risk of injury. As a parent, guardian, or participant, I am aware of these hazards and my ability to participate. In consideration for participation in the program(s) listed above, I hereby for myself, my heirs, executors and administrators waive and release all rights and claims against the Town of Windham, its officers, employees, agents, volunteers, and supervisors, except in the case of their sole negligence, from all losses, injury, damages, fees, and other expenses, arising out of or in connection with participation in the activity. In addition, I give my permission for my child(ren) to be treated by qualified medical personnel in the event that the above named parent/guardian cannot be reached at the phone numbers provided. **As a parent, guardian, or participant, I allow the Windham Recreation Department to take my picture and use it for advertising and promotional purposes.**

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Signature (Parent/Guardian if participant under 18)

Date