

# Get in Shape for our Road Race/Family Fun Run



In preparation for our upcoming **Road Race/Family Fun Run & Walk on Sunday, September 24<sup>th</sup>** at SNHU in Manchester, we will be holding fun & free after school conditioning sessions for our students.

**Not sure if your child likes to run?**

This is the perfect opportunity to have them try it out!

**To Register for the Road Race/Family Fun Run & Walk,  
on September 24<sup>th</sup>**

**please visit: [www.MillFalls.org](http://www.MillFalls.org) homepage!**

**Can't make the Road Race/Fun Run?**

No problem, have your child join us for the fun and exercise!

**Sessions will be held at school, are age specific & scheduled as follows:**

**For Children in grades K-3**

Tuesday, September 12<sup>th</sup> & Tuesday, September 19<sup>th</sup> from 3-4pm

**For Children in grades 4-6**

Thursday, September 14<sup>th</sup> & Thursday, September 21<sup>st</sup> from 3-4pm.

**Yes! My child will be attending the After School Conditioning Sessions!**

Please cut and return this section to the front office; there are limited spots available!

**Child's Name:** \_\_\_\_\_ **Classroom:** \_\_\_\_\_

**Parent Name:** \_\_\_\_\_ **Emergency Tel. Number:** \_\_\_\_\_

**Any Health Concerns:** \_\_\_\_\_

**I give permission for my child/children to attend this program:**

**Parent's Signature:** \_\_\_\_\_

**Please be sure to return this form by Monday, September 11<sup>th</sup>! Thank you!**