

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



In preparation for our upcoming  
**Road Race/Family Fun Run & Walk on Sunday, September 22<sup>nd</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 22<sup>nd</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 10<sup>th</sup> & Tuesday, September 17<sup>th</sup> from 3-4pm

#### **For Children in grades 4-6**

Thursday, September 12<sup>th</sup> & Thursday, September 19<sup>th</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 9<sup>th</sup>! Thank you!**