If you want to start your weekend off with a fun family activity. Then join us for three Saturday mornings at Mary S Young Park. These Trail Runs are geared for all ages. The Trail Runs will be (5K) 3.1 miles in length, on the greatest trails in West Linn. On June 28th the 5K will be fairly flat and fast, on July 26th the 5K will be a little more challenging and on August 2 we will have a hilly and challenging run. So please mark those dates down and join other families and individuals that choose to start there weekend on a healthy and positive note.

West Linn Trail Running Series



Mary S. Young Park June 28 July 26 August 2 9:00 FREE Kid's Dash 9:15 5k- \$5.00 * Register by form on back, online at

<u>www.westlinnoregon.gov/parksrec</u> or the day of the race

Please contact Richard Gross for registration questions: Richardgross999@msn.com 503-657-4790

ACTIVITY REGISTRATION FORM

CITY OF WEST LINN

REGISTER ONLINE AT www.westlinnparksandrec.com

PARTICIPANT NAME			M or F	DOB	GRADE
PARENT/GUA	ARDIAN NAME		_DOB	SCHOOL	
ADDRESS			CITY		ZIP
PHONE NUM	1BER	E-MAIL			
EMERGENCY CONTACT		PHONE			
ANY MEDICA	AL CONDITION, ETC				
	E A DISABILITY AND REQUII E, PLEASE EXPLAIN HERE				
CLASS #	ST LINN RESIDENT? <i>ACTIVITY TITLE</i>	START DA	TE/TIME		\$
				IOTAL Amoun	\$ t Due \$
Recrea	tion Scholarship Fund: YES, I woul tion Scholarship Fund. This fund all herwise may not be able to participa	d like to contrib lows children fr	oute\$1.00 _ om West Linn	\$2.00 \$5.00, or to attend recreation	programs in our City
Make Check to Mail to:	o: City of West Linn City of West Linn Recreation Program			\$ Amount	to charge
	22500 Salamo Road, #1100 West Linn, Oregon 97068 503.557.4700				xp. Date
	503.656.4106 Fax	Cardholder Office Use (Signature Only: Approv	val Code	
		WAI	VER		

In participating in Recreation Programs, sponsored by The City of West Linn, I hereby acknowledge that I understand that there are risks of accidents resulting in bodily harm to me arising out of those activities. I understand that Recreation activities are planned with the safety of the participants in mind. I further acknowledge that I have the physical capacity reasonably necessary to engage in Recreation activity for which I have enrolled. In case of emergency, accident or illness, I give my permission to be treated by a professional medical person and admitted to a hospital if necessary. I agree to be the party responsible for all medical expenses which are incurred in my behalf. It is understood and agreed that the City, its Mayor, City Council, Boards, employees, volunteers and agents shall be held harmless against all claims, damages, loss or expenses including attorney's fees arising out of or resulting from my participation in recreation programs. I agree pictures taken may be used for future promotions. ** I have read the above waiver and understand the contents**

Signature (Parent or guardian)

For Staff use only	
Registered in RecNet by	on