



City of Prairie du Chien Park and Recreation

Boys & Girls Youth Track Program

SPONSORED BY PRAIRIE DU CHIEN HALF MARATHON & 5K RACE

- Open to Boys and Girls Grades 1st – 4th
- In – house program with emphasis on participation, learning the basics and most importantly having fun!
- All practices will be held at High School Track (Due to high school meets, practices will be held at Hoffman Hall on April 21st and 28th)
- Practices will be held on Mondays and Wednesdays from 6:00 – 7:00 pm beginning April 7 – May 14 (6 weeks)
- All participants will have the opportunity to compete in one local meet on May 14th and the Hershey District State Qualifier at LaCrosse in June
- Program Fee \$30
- Discounted fee for city resident \$20
- CHECKS PAYABLE TO CITY OF PDC
- The program will follow the National Hershey Track and Field Guidelines and policies with the following events:
50 Meter Dash, 100 Meter Dash, 200 Meter Dash, 400 Meter Dash, 800 Meter Run, 1600 Meter Run, 4 X 100 Meter Relay, Standing Long Jump, and Softball Throw.



Send to City of PDC, 214 E. Blackhawk or Drop off at PDC City Hall by March 26th or online at <http://pdc.recdesk.com/recdeskportal>. Deadline to Register is March 26th. For more information call (608) 326-7207

Tee Shirt Size: (Please Circle) YS YM YL AS AM AL AXL

Send to City of PDC, 214 E. Blackhawk or Drop off at PDC City Hall by **March 26th**

Participant: _____

Address: _____

Age: _____ Male: _____ Female: _____ Phone: _____ e-mail _____

Name of Program: _____

I hereby understand that to participate in the above stated program like most programs similar it may have some inherent degree of risk involved. Participants must assume the full responsibility for personal injury incurred while taking part in the activities. No accident insurance is provided through the City of Prairie du Chien. Please list any special consideration we should be informed of (medicines, disabilities, etc)

Parent/Guardian Signature: _____ Date: _____

Please check if you would be interested in instructing.

Please check if you may be interested in volunteering for the Prairie du Chien Half Marathon & 5K Race.