



DRAGON STRONG RUNNING CLUB

www.hamden.com

Check out Nilsnation on Facebook

nilsleblang@yahoo.com

Sponsored by Hamden Recreation Dept.

[Woodbridge Running Company](#)



A running & track club designed to develop skills and techniques in fitness and health. Topics include training in running, competition, nutrition, cardio- exercises and proper equipment.

“A sport for life.”

Grades: 4th-9th

Cost: \$110.00

Dates/Times: Mondays & Wednesdays starting September 12th from 4:30-5:30pm

Location: Hamden High School Track - 2040 Dixwell Ave.

Make check payable to **Nils LeBlang** and mail along with completed application to **Hamden Recreation Dept., 2750 Dixwell Ave., Hamden, CT 06518, Dragon Strong Running Club.**

Staff: Nils Leblang, Director
Aaron Hawkins
Guest Coaches

For information contact Nils at nilsleblang@yahoo.com

Nilsnation – DRAGON STRONG RUNNING CLUB

Name _____ Phone _____ Grade _____

Address _____ City _____ Zip _____

E-Mail address _____

Waiver

I, for myself, spouse, child/guardian and on behalf of my heirs, assign and next of kin, agree to hold the Town of Hamden, its officers, officials, employees, agents and servants harmless and waive all rights of claims for liability, damages benefits of any nature, whether legal or equitable, against the Town of Hamden and its officers, officials, employees agents and servants in the event of any injury, accidental, natural causes or any illness as a result of his/her participation in the Hamden sports camp programs. I also grant permission for medical treatment and if necessary hospitalization by ambulance transport.

Parent/Guardian Signature _____ Date _____