



**IRISH
YOUTH
SUMMER
RUNNING
PROGRAM**

Registration Form

(Please detach and return)

Name: _____

2008-09 Grade: _____

Address: _____

Phone Number: _____

Cell Number: _____

Make checks payable to:

Rosemount
CC (all checks cashed after 8/10)

Mail to:

John Maresh, 3335 142nd Street
Rosemount, MN 55068

T-Shirt:
(Adult Size) 10-12 14-16 S
M L XL

Signature of Parent or Guardian:

In consideration of our accepting my child's entry, I hereby, for myself, my child, my heirs, executors and administrators, waiver and release any and all rights and claims for damages I or my child may have against Rosemount Schools and its representatives, successors and assigns for any and all injuries suffered by myself or my child at any activity sponsored by these groups.

Purpose: To provide a cross country running experience for elementary and middle school runners. Runners will be introduced to training and running techniques by the RHS coaching staff and athletes.

Goal: to promote fitness and motivation, runners will log their mileage with hopes of completing either 25 miles or 12 miles before the Irish Intrasquad/alumni cross country meet on August 21st. At the meet, the runners complete the marathon or 1/2 marathon distance (about 1.2 miles) after the varsity races.

Dates: Tuesdays and Thursday from July 28th – August 20th. The cumulative event will be the Irish Alumni meet kids race.

Time: 6:00 p.m. (Sessions will last about an hour)

Place: Athletic and Performing Arts Door of Rosemount High School.

Instructors: John Maresh and current Rosemount High School cross country staff and athletes.

Cost: \$30.00 (T-Shirt included)

Equipment needed: A good pair of running shoes and appropriate clothing for weather.

Eligibility: This program is open to all boys and girls going into grade 8 or younger.

Coaching Staff

John Maresh is the assistant cross country and track coach at Rosemount High School. He competed for the University of Wisconsin-Stout for four years. John teaches Industrial Technology at Rosemount High School.

Chris Harder, Rosemount head coach, other Irish assistant coaches and current Irish athletes will provide assistance at some of the sessions.

Questions: John Maresh
612-240-4360
john.maresh@district196.org