



Be an HRC "Super Spud"!!

If you're wanting to participate in the Longhorn Stampede on June 11, or if just doing a 5K is on your "Bucket List", join us for Super Spud Runs!!

This program is also good for those just needing to get back to running after a layoff.

We can take you from the couch to the finish line in just 8 short weeks.

We will run as a group once a week, starting easy and then gradually advancing to longer runs. Separately, we will also be hosting a Runners Clinic on Saturday, May 7, with Dr. Bryan Barker (Accelacare Physical Therapy) as the presenter. This Clinic will include an Individual Running Form Analysis by the Accelacare Staff.

Location: May vary weekly. The first meeting will start at the Wellness Center.

Days: Tuesdays, beginning April 12 and ending on June 9.

Time: 6:30pm

Fee: \$10.00 (fee applied to Stampede Registration upon completion)

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SUPER SPUDS

Name: _____ Phone: _____

Address: _____ City: _____ State: _____

Email Address: _____

Emergency Contact Name and Phone #: _____

Signature: _____ **Date:** _____

If under 18
Parent or Legal Guardian: _____ **Date:** _____

Liability and Photo Waiver: It is specifically understood that participation in this event has potential dangers. I acknowledge that potential and understand that Holcomb Recreation Commission, Holcomb Unified School District #363, their agents or officials are not liable for any claims arising out of injury or accident, unless occasioned by wanton and willful negligence. **Initial:** _____

I hereby give permission to HRC and/or USD #363 to use any and all photographs taken of me or my child for posting to the website, on printed materials or other media. I hereby waive any rights or interests that I might have in any and all images without compensation to me. **Initial:** _____

