



New Richmond Community Education is proud to present...

First Steps Running Class



Instructed by: Stephanie Hoff

This class is a great training program for beginning runners. You will receive professional advice on training, nutrition, shoes, safety, and more. You will spend each week running/walking for 1/2 hour, followed by "classroom" time. If you would like to start a weekly exercise program, join a running club, or just to get together with a group to run each week, this course is for you.

T, 3/27/2012-6/5/2012

6:00 PM-8:00 PM

Community Commons-Commons, \$50.00

New Richmond Community Education Registration Form <small>PLEASE PRINT – Use this form for all classes and tours</small>				Grade _____ <input type="radio"/> Male <input type="radio"/> Female Shirt Size: Youth <input type="radio"/> Sm <input type="radio"/> Med <input type="radio"/> Lg Adult <input type="radio"/> Sm <input type="radio"/> Med <input type="radio"/> Lg
Name	Date of Birth	Evening Phone	Day Phone	
Address	City	State	Zip Code	
E-Mail				
<p>*Signature of Participant or Parent/Guardian (if under 18) ✨ Please contact Community Education prior to a class starting regarding any prior health concerns that may affect participation.</p> <p><small>*By signing this form, you are certifying that you have adequate coverage insurance and absolve New Richmond Community Education of any claim.</small> ✨ Community Ed periodically takes pictures of participants for promotional purposes. If you do not want pictures of yourself or your family please contact us.</p>				
Start Date	Class Name	Fee		
		\$		
Total Due:				
<p>Mail to: 701 E 11th St, New Richmond, WI 54017</p> <p>Drop-off: 421 S Green Ave, New Richmond</p> <p>Make checks payable to NR Community Ed.</p>				
Credit Card Payment: MasterCard <input type="checkbox"/> Visa <input type="checkbox"/> Card #: _____ Exp: _____ Card Holder First Name: _____ Last Name: _____		Or register online at www.newrichmond.k12.wi.us , Click Community Education, Click Classes		