RUNNING CAMP

Coach Rae Ann Darling Reed
(941) 586-9375
coach@runnergirl.com
RunnerGirl.com

RunnerGirl Inc. & Manatee High Cross Country present the 2010 Summer Running Camp!

Who: Adults & Teens of all ages are invited and encouraged to attend!

What: One week summer running camp. Each day will include a dynamic warm up, training run, cool down, flexibility training, strength work, injury prevention, and lots of core work. There will also be fun activities, short informational sessions, and each camper will receive a shirt and other goodies. Time trial/race on Saturday to test your progress. Campers also receive free entry to the Labor Day Canes Classic 5K.

Where: GT Bray's 51st Street Park in Bradenton, FL

When: Monday, August 9, 2010 to Saturday, August 14, 2010 for 3 hours each morning 7:30 - 10:30 a.m.

Why: Our goal is to provide a group training opportunity for female athletes to get in the best shape of their lives! Train for cross country, soccer, basketball, volleyball, or road racing. We provide a fun, safe, and educational environment where you can improve your fitness, make friends, and learn the proper way to train.

Campers need to bring a beach towel and water bottle each day.

Camp Coaches hold the following certifications:

- USA Track & Field Level 2 Endurance
- RRCA Long Distance Running
- CPR & First Aid
- American Sport Education Program

Deadline to sign up:
July 26, 2010
Cost: $150

First Name ☐☐☐☐☐☐☐☐☐☐ **Last Name** ☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

Address ☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

City ☐☐☐☐☐☐☐☐☐☐☐☐☐☐ **State** ☐☐ **Zip Code** ☐☐☐☐☐

Date of Birth ☐☐☐☐☐☐ **Age on 8/9/2010** ☐☐ **Women's Shirt Size** S ☐ M ☐ L ☐ XL ☐

EMERGENCY CONTACT PHONE # ☐☐☐☐☐☐☐☐☐☐

EMERGENCY CONTACT NAME & RELATIONSHIP _____

Camper Cell Phone ☐☐☐☐☐☐☐☐☐☐ **OK to text?** Yes ☐ No ☐

Email Address – Important for Camp Updates:

_____@_____

Waiver of Liability and Statement of Fitness: In consideration of my entry, I hereby for myself, heirs, executors and assigns, waive any and all claims against Manatee High School, School Board of Manatee County, RunnerGirl Inc., Rae Ann Darling Reed, Manatee County, Manatee County Parks & Recreation Dept., any coaches, sponsors, officials, and volunteers at this camp for any injuries or illness which may directly or indirectly result from my participation. I further state that I am in proper physical condition to participate in this event. I understand that there may be tree roots, uneven surfaces and other such natural hazards. Camp is provided by Manatee High School Cross Country Team and sponsored by RunnerGirl Inc.. I hereby grant permission to the camp coordinators to use my name and photos or any other record of my participation for publicity purposes. I agree that headphones or radio headsets are not allowed. By signing this waiver, I also agree that the camp coordinators are not responsible for participants before or after camp hours. Refunds minus a $25 administrative fee will be honored through 7/26/2010. No refunds after 7/26/2010.

Participant's Signature: _____ Date: _____

(Parent's or Guardian's signature if under 18 years of age)

Mail registration form with payment to:
RunnerGirl Inc., 8709 53rd Ter E, Bradenton, FL 34211-3703