RunnerGirl®
www.RunnerGirl.com

CC Princess

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

Summer Running Camp

Join us for RunnerGirl's first ever Summer Cross Country Camp!

Deadline to sign up: July 20, 2009

Who: Teens & Adults (minimum age: girls entering 7th grade - age 12)

What: Two weeks of 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.

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

When: Week 1: 8/10 - 8/14. Week 2: 8/17 - 8/21. 7:30 - 10:30 a.m.

Cost: $99 per week or sign up for **both weeks for only $150**

Why: We felt a running camp closer to home would be more accessible and affordable to girls in our community. We provide a fun, safe, and educational environment where girls can improve their fitness, make friends, and get ready for any sport they choose by being in the best shape of their lives! We will also offer discounted entry fees to any campers who wish to participate in the Labor Day Canes Classic 5K.

Camp Coaches hold the following certifications:

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

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

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

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

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

Date of Birth ☐☐☐☐☐☐ **Age on 8/10/2009** ☐☐ **Women's Shirt Size** S ☐ M ☐ L ☐ XL ☐

EMERGENCY CONTACT PHONE # ☐☐☐☐☐☐☐☐☐☐ **Camper Cell Phone** ☐☐☐☐☐☐☐☐☐☐

Select Week(s): **Week 1 (8/10-8/14)** ☐ **$99** **Week 2 (8/17-8/21)** ☐ **$99** **Both Weeks** ☐ **$150**

Registration Deadline: **July 20, 2009**

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, 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 8/1/09. No refunds after 8/1/2009.

Participant's Signature: _____ Date: _____

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

Please mail application with payment to: RunnerGirl Inc., 8709 53rd Ter E, Bradenton, FL 34211