

Camp Details

Date: July 16th - August 10th, 2007

Days: Monday / Wednesday / Friday

Time: 9 am ~ approximately 1 pm

Cost: \$250* (for entire camp)

Price includes: Brooks dri-fit shirt, 25% discount for in-store merchandise between July 16 and Aug. 10th, transportation costs to and from running locations and more!!

*a drop-in option is also available at \$25 per session

Bonus: Each team of 5 that signs up receives one complimentary camp entry. This can be given to one individual, or divided between the team.

For Your Convenience: Various meeting locations/ ride shares available.

Questions:

Call: 206.329.1466

Email: searunco@aol.com

Release Form

Return this release form at your earliest convenience. No one can attend camp without this completed form.

I certify that my child has had a physical exam in the last six months and that the results of the exam indicated that he/ she is physically able to participate in the strenuous activity associated with a running camp. I agree that the participant and I assume the risk for all injuries that may result from participation in the camp. I further understand that sports injuries may occur through no fault of the coaching staff and that my child is covered by health insurance to cover these injuries. I will accept the financial and legal responsibilities for any injuries that may result from camp activities. I hereby authorize Seattle Running Company as my agent to give consent to surgical and medical treatment for the participant when treatment is deemed necessary by the attending physicians.

Parental Signature & Date

Camper's Physician & Phone

Name of Medical Insurance Carrier

Policy Number

Any allergies or medical issues that we should be aware of? Please let us know:

Registration Form

Name

Address

Address

Sex (M, F)

Birth date

School and Grade Entering

Parent(s) Name(s) & Phone

Parent Signature

T-Shirt size: (circle one)

Adult xs sm med large

Trail Running Background
(Please mark one)

- Never been running on trails
- Run on trails a little
- Run on trails bi-weekly
- Run on trails whenever I can

Goals for upcoming XC season:

ANYTHING ELSE? PLEASE LET US KNOW:



919 E. Pine St.
Seattle, WA 98122