

## About the Camp

The SRC is offering a trail running camp to prepare runners for their upcoming cross-country season.

This camp is a perfect opportunity to experience trail running around the Seattle area while building fitness, core strength, injury prevention, and a strong base before the competitive season begins.

Here at the Seattle Running Company we want athletes to look forward to their XC season and be excited about running. We intend for the runners to come away from this camp with a positive outlook and confidence in their training and racing.

This is a great way to bond with fellow teammates and meet other runners in the area! Camp topics include: form analysis, biomechanics, race strategy, eating to perform, shoe fit, developing a training plan, and much more!

Tired of coming into season out of shape and injured? This time, start your XC season off the right way!!

Have fun training on amazingly beautiful trails with expert cross-country coaches and some of the best trail runners in the country!

### *Camp Details Inside!*



919 E. Pine St.  
Seattle, WA 98122

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



## Cross-Country Trail Running Camp

2007



[www.seattlerunningcompany.com](http://www.seattlerunningcompany.com)

Tel: 206.329.1466

## 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:



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