

TRAC 2009  
Cross Country Camp

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Age: \_\_\_\_\_ Birthday: \_\_\_\_\_

Email: \_\_\_\_\_

T-Shirt Size: YS YM YL S M L XL XXL

I know that running is a potentially hazardous activity. I should not run unless I am medically stable and properly trained. I agree to abide by any decisions of a camp official relative to my safety. I assume all the risks associated with running this event but not limited to fall, contact with other runners, the effects of weather, including high heat and/or humidity, traffic and other road conditions, all such risks being known by me. Having read this waiver and knowing those facts and in consideration of your accepting of my entry, I for myself and anyone else entitled to act on my behalf, waive and release the Tennessee River Athletic Club (TRAC) and all sponsors from all claims in liabilities of any kind arising out of participation in the event. I grant permission to all of the foregoing to use photographs, motion picture recording or any other record of this event for legitimate purposes.

Signature: \_\_\_\_\_

(parent or guardian if under 18)

Print Legibly: \_\_\_\_\_

Date: \_\_\_\_\_

Make Checks Payable to: TRAC

\$15 per person, or \$25 per family

Mail to: PO Box 1019, Florence, AL 35631

or drop off @: First Place Athletics, 1589 Darby Dr.

TRAC  
PO Box 1019  
Florence, AL 35631

The Tennessee River  
Athletic Club

# 5th Annual Cross Country Camp

July 6 - 24, 2009

7 to 9 a.m.

Monday through Friday

McFarland Park - Florence, AL



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

***“Every Day, you make your  
own history.”  
Anonymous***



# TRAC 2009 Cross Country Camp

---

THIS CAMP IS DESIGNED FOR THE UPCOMING MIDDLE SCHOOL AND HIGH SCHOOL STUDENT INTERESTED IN RUNNING CROSS COUNTRY IN THE FALL OF 2009.

OUR OBJECTIVE IS TO PROMOTE THE SPORT OF CROSS COUNTRY WITHIN OUR AREA AND TO GIVE RUNNERS A FUN AND SAFE ATMOSPHERE FOR THEIR SUMMER TRAINING.

EACH DAY, CAMPERS WILL COVER RUNNING RELATED TOPICS TO GAIN KNOWLEDGE OF THE SPORT AND TO IMPROVE PERFORMANCE.

MOST RUNS WILL BE ON SOFT GRASS OR GRAVEL TO REDUCE THE RISK OF OVERUSE INJURIES. ALL GROUP RUNS WILL BE IN THE PARK WITH THE EXCEPTION OF "HILL DAY."

THE CAMP IS COORDINATED BY JEFF GARRETT, VICE PRESIDENT OF SHOALS TRAC, AND LED BY SEVERAL DEDICATED MEMBERS OF SHOALS TRAC RUNNING CLUB. A NURSE WILL BE ON DUTY EACH MORNING.

FOR MORE INFORMATION CONTACT:

---

**JEFF GARRETT**

**256-383-1433**

**EDUCATION@YTBC.ORG**

**OR CHECK THE CAMP PAGE AT:**

**WWW.SHOALSTRAC.COM**

## A Typical Day

Warm-Up: We will meet promptly at 7 am for our Group Run Warm-up.

Stretching: We will work on proper stretching techniques to reduce injury.

Run: We will have our regular training run of 2 to 7 miles or specific workout for the day.

Strength: We will work on core strength exercises.

Stretching: We will show the importance of stretching before and after exercise.

Discussion: We will cover a running related topic.

## Topics to be covered

Week 1:

Attitude, Focus, Setting Goals, Learning From Mistakes, Off-Season Training, Save Your Face, and Form Drills.

Week 2:

Nutrition, Pre-Race and Post-Race Techniques, Hill-Running Form, Core-Work to keep you Injury-Free.

Week 3:

Proper Shoes, Scholarships, Speed work 101, the Continuous Relay, Training while Hurt, & the Scavenger Hunt Run.

The entire camp will focus on having the right attitude and mindset to succeed in this tough sport.

## Each Runner will receive:

- A Training Log
- A notebook with handouts of each topic
- A cool T-Shirt
- Coaching from former and current college runners
- Water and Gatorade each day
- Moon Pies each Friday
- TRAC membership for the rest of 2009

## Cost:

\$15 for each runner - This covers all 3 weeks

\$25 Family rate - For families with 2 or more runners

---

The Tennessee River Athletic Club  
Our goal, simply put, is to create an organization for all people who want to improve their fitness and quality of life through running, jogging and walking. We want to provide an opportunity to participate for every interested person, regardless of ability or whether that person wants to run, jog or walk. We want to create group opportunities for all our members, so that they can carry on these activities in the presence of friends with a common interest. Our races and other events will reflect this philosophy.

