



13TH ANNUAL CROSS COUNTRY CAMP

ENCOURAGING AND EDUCATING YOUNG ATHLETES IN THE ART OF RUNNING

JULY 10-28, 2017 7-9 AM

MONDAY THROUGH FRIDAY

McFARLAND PARK PAVILION 1 – FLORENCE, AL

REGISTRATION FEE INCLUDES CAMP ENTRANCE, T-SHIRT, CINCH BAG, ADVICE FROM MULTIPLE LOCAL ELITE RUNNERS, MANY KNOWLEDGEABLE SPEAKERS ON A VARIETY OF RUNNING RELATED SUBJECTS, AND MANY AWARDS TO WIN!!

THIS CAMP IS DESIGNED FOR UPCOMING MIDDLE SCHOOLERS AND HIGH SCHOOLERS INTERESTED IN RUNNING CROSS COUNTRY THIS FALL, BUT ALL ARE WELCOME! THE CAMP IS DIRECTED BY **BRAXTON LINDER** AND WILL BE COACHED BY LOCAL ELITE AREA RUNNERS.

A TYPICAL DAY WILL CONSIST OF A WARM UP RUN, FOLLOWED A DYNAMIC STRETCHES, AFTERWARDS GROUPS WILL SPLIT UP AND RUN THROUGHOUT McFARLAND PARK. THE DAY WILL CONCLUDE WITH A RUNNING SPECIFIC COOLDOWN AND A SPEAKER ON MOST DAYS.

THE FIRST DAY OF CAMP WILL BE A TIME TRIAL 5K TO SPLIT UP THE GROUPS APPROPRIATELY...**So BE PREPARED!!!**

*****NEW*****

SATURDAY JULY 29, 2017

CROSS COUNTRY CAMP PRE-SEASON OPENER

CAMPERS AND TRAC MEMBERS WILL BE TEAMED UP IN A CO-OP 5K COMPETING FOR THE COLOR OF NEXT YEAR'S T-SHIRT!!! THIS IS WHERE CAMP AWARDS WILL BE HANDED OUT! THERE WILL BE A PICNIC AFTERWARDS AND **WILL ALL START FROM PAVILION 2 IN McFARLAND PARK**

ENTRY TO THE PRESEASON OPENER IS JUST WEARING YOU CAMP T-SHIRT

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____

SCHOOL: _____

PHONE NUMBER: _____

AGE: _____ BIRTHDAY: _____

EMAIL: _____

SHIRT SIZE: S M L XL

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 RISK BEING KNOWN TO 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

MAIL TO: PO Box 1019, FLORENCE, AL 35631

DROP OFF: FIRST PLACE ATHLETICS, 2801 MALL ROAD SUITE 12A, FLORENCE, AL

ENTRY FEE IS \$35 AND PAYABLE TO TENNESSEE RIVER ATHLETIC CLUB (TRAC)

PRE-REGISTRATION DEADLINE JUNE 29, 2017 AND FEE WILL BE \$45 AFTER. DAY OF
REGISTRATION IS \$50