

# **2017 ACRR RUNNING CAMP**

**JULY 10-14  
7:30AM-NOON  
KETTERLINUS  
ELEMENTARY  
67 ORANGE ST.**

**The Ancient City Road Runners invite you to join us for a fun-filled camp designed to make you a better runner!**

Kevin Gamble, cross country coach at Gamble Rogers Middle School, will lead the camp again this year. Guest speakers will include Lauri Barnhill, dietician; Pegg Bliss, yoga instructor; and Steve Vighetti and Kirsten Heath, physical therapists.

**SCHOLARSHIPS ARE  
AVAILABLE!**



**Camp is open to  
rising 7-12 graders**

**Campers must be able to  
run 3-5 miles prior to camp**

**Each day will include  
running as well as  
classroom lessons and  
other activities**

**Enrollment is limited to the  
first 25 registrants**

**The cost for the week is \$75  
and includes a running  
singlet and entry into the  
Bridge of Lions 5K  
on July 15**

**FOR INFORMATION:**

**Jamin Rubenstein**

[campdirector@ancientcityroadrunners.org](mailto:campdirector@ancientcityroadrunners.org)

**904-501-2292**

# 2017 ACRR RUNNING CAMP

## REGISTRATION APPLICATION

Camper \_\_\_\_\_

Parent/Guardian(s) \_\_\_\_\_

Address \_\_\_\_\_

Phone Number(s) \_\_\_\_\_

Email Address \_\_\_\_\_

Date of Birth \_\_\_\_\_ Sex \_\_\_\_\_ Adult Shirt Size \_\_\_\_\_

School you will attend Fall 2017 \_\_\_\_\_

Grade you will be in Fall 2017 \_\_\_\_\_

Are you or will you be on the Cross Country Team? \_\_\_\_\_

How many miles do you run per week currently? \_\_\_\_\_

What is your best 5K time? \_\_\_\_\_

How did you hear about our camp? \_\_\_\_\_

What are your running goals? \_\_\_\_\_

If you would like to be considered for a **scholarship**, please attach a short paragraph telling us why (students with financial need will receive priority).

### **RELEASE**

In consideration of the acceptance of my application to participate in the ACRR Running Camp, I do hereby release and discharge the ACRR and all camp sponsors, volunteers, or employees from any and all liability for their own negligence, for damages or injuries that I might receive during my participation, whether due to the acts of third persons or otherwise. I attest that I am physically fit and well trained to participate in the ACRR Running Camp July 10-14, 2017.

Signature of participant  
or parent/guardian if under 18

Date

Please enclose check made out to "Ancient City Road Runners" and mail to:  
ACRR c/o Jamin Rubenstein  
1965 A1A South, 111, St. Augustine, FL 32080

