

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

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

