

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

- The camp is open to rising 7th - 12th graders.
- Each day will include classroom lessons and running.
- The curricula will include running form, nutrition, training strategy, and running as more than a hobby.
- Enrollment is limited to the first 50 registrants.
- The cost for the week is \$50 and includes entry into the Bridge of Lions 5K race on July 16.

**Date:** July 11 - 16, 2011

**Time:** 2:00 - 6:00 pm

**Location:**

Vilano Beach Community Center  
120 Meadow Ave., St. Augustine, FL 32084

# 2011 ACRR Running Camp



**For more information, please contact Jessica Mistry**

[acrrcamp@gmail.com](mailto:acrrcamp@gmail.com)

904-501-9411

# 2011 ACRR Running Camp

## Registration Application

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Phone Numbers: home \_\_\_\_\_ cell \_\_\_\_\_

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

Age \_\_\_\_\_ Sex \_\_\_\_\_ T-shirt Size \_\_\_\_\_

School you will attend Fall 2011 \_\_\_\_\_

Grade you will be in Fall 2011 \_\_\_\_\_

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

### 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 11-16, 2011.

\_\_\_\_\_  
Signature of participant  
or parent/guardian if under 18

\_\_\_\_\_  
Date

Please enclose check for \$50 made out to "Ancient City Road Runners"  
and mail to:

Jessica Misterly  
3 Alfred St.  
St. Augustine, FL 32084

