



west coast road runners

www.wcroadrunners.com

Cross Country DISTANCE CAMP

July 23 & 24, 2009

West Coast Road Runners and Special Guest - Former Olympian STEVE SCOTT
Hosted at Poway High School

Get Ready for 2009 Cross Country Season

- Come learn from the best – Distance Coach Dan Guillory of West Coast Road Runners/CCHS and Special Guest - Former Olympian/American Mile Record Holder - Coach Steve Scott from CSUSM
- This 2 day Camp meets at 8am – 12pm, Thursday 7/23/09 through Friday 7/24/09 at Poway High School - 15500 Espola Rd. Poway, Ca. 92064
- On-Line Registration is open now at:
http://search.active.com/?tab=events&q=cross+country+distance+camp&start_date=&end_date=&l=&p=0&channel=&mediatype=&int=&commit.x=0&commit.y=0
- Schedules will vary each day, including; trail/road runs, track w/o's, weight room instruction, strength drills, film room reviews, form drills, stretching, plyometrics and clinics
- For more details, contact Coach Dan at – info@wcroadrunners.com

Fee: \$60 – Return members - \$50. Limited to 50 entries – On site Registration 7/23/09 at 7:30am.

Ages 13-22. Bring 5 or more from one team and earn a free entry.

This is a 'Pre-Conditioning' X-C Season Distance Camp for runners.

**** NOTE: If you are under 18 yrs. old, you MUST have this waiver signed by a parent or guardian in order to participate in the Camp!**

Registration Form (Print Carefully Please) Make checks payable to: WCRR - 870 Capri Rd. Encinitas, Ca. 92024

AGE _____ SEX M F Grade _____ How did you hear about us _____

NAME _____ PHONE (_____) _____

ADDRESS _____ City _____ Zip _____

E-MAIL: _____ (REQUIRED – If None, so state)

RELEASE AND WAIVER In consideration for the acceptance of this application for entry to the Training Program of West Coast Road Runners, I hereby acknowledge that West Coast Road Runners, its employees, officers, directors, coaches, agents, representatives, volunteers and sponsors cannot assure my safety during participation in the Training Program. I recognize that participation in the Training Program exposes me to risks including, but not limited to, running and/or walking related injury, traffic and the detrimental effects of heat and pollution. I certify, represent and warrant that I am in a healthy, qualified and appropriate physical condition in order to complete the Training Program and participate therein. I, for myself, my heirs executors, administrators, successors, and assigns HEREBY RELEASE, WAIVE AND FOREVER DISCHARGE AND HOLD HARMLESS West Coast Road Runners, their employees, officers, directors, coaches, agents, representatives, volunteers, sponsors, successors and assigns OF AND FROM ALL CLAIMS, demands, damages, costs, expenses, actions and causes of action, whether in law or equity, IN RESPECT OF DEATH, INJURY, LOSS OR DAMAGE TO MY PERSON OR PROPERTY, HOWSOEVER CAUSED, arising or to arise by reason of or during my attendance at or participation in the Training Program, whether as a spectator, participant or otherwise and whether or not in consequence of my following any program of diet and/or exercise on the recommendation of any of the aforesaid; whether prior to, during or subsequent to said attendance or participation and notwithstanding that any such claim may have been contributed to or occasioned by the negligence of any of the aforesaid. I also give permission for the free use of my name, voice or picture in any broadcast, telecast, newspaper article, report, advertising or marketing promotion or other account of this Training Program. I hereby agree to abide by all rules, policies, procedures and instructions of the Training Program and the people conducting it. (I, as Parent or Guardian of the Participant, a minor, have READ and AGREE to the above RELEASE as terms for the participation of the above-signed Participant, a minor.)

By my signature I certify that I have read and understand the above.

DATED: _____ Participant's Signature (parent or guardian if under 18 years) _____

