



Youth Running Camp

Mondays, Wednesdays & Fridays

7:30 to 9:00 A.M.

McAllister Park

Monday, June 8 - Friday, July 17, 2009

FOR CROSS COUNTRY & DISTANCE RUNNERS ENTERING MIDDLE THROUGH HIGH SCHOOL

Name _____

Age _____ Gender _____ Shirt Size XS S M L

School _____ Entering Grade _____

Address _____
Street City State Zip

E-mail _____

Telephone _____

Emergency Contact 1 _____
First & Last Name Day Phone Number Relationship

Emergency Contact 2 _____
First & Last Name Day Phone Number Relationship

Liability Release: I know that running is a potentially hazardous activity. I should not enter and run unless I am properly trained and medically able. I agree to abide by any decision of a camp official relative to my ability to safely perform the workouts. I assume all risks associated with running in this camp, including but not limited to: falls, contact with other runners, the effects of the weather, including heat and humidity, traffic and conditions on any road run on, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself, and anyone entitled to act on my behalf, waive and release the RGR Training Youth Running Camp and Run Gear Run, LLC and all volunteers and representatives from all claims or liabilities of any kind arising out of the persons named in this waiver. I grant permission to all the forgoing to use any photographs, video recordings, or any other record of this event for any legitimate purpose.

Signature: _____

(Parent's signature if under 18)

ENTRY FEE (Includes singlet and 8X10 group photo).....\$125.00

MAIL COMPLETED ENTRY WITH PAYMENT TO

RGR Training Youth Running Camp

c/o Run Gear Run

18720 Stone Oak Pkwy #150

San Antonio, TX 78258



For more information contact Alfredo Chavira 210-471-8179 CoachAl@RGRTraining.com