



Amelia Island Runners Summer Running Camp June 15-19, 2009 Learn about running -- and it's free!

Would you like to be a runner? And if you already are, would you like to be a better one? Then you're invited to a FREE 5-day summer running camp sponsored by your local running club, Amelia Island Runners. It's for anyone who's interested in running! We'll talk about how to prepare for running and racing, how to eat properly before and after a run, what kind of shoes to wear, proper running form, race strategy, and much more. We'll also show you stretching exercises and go for training runs together. It's a great way for middle school and high school students to get into running or improve their skills, and for anyone of any age to gain valuable knowledge about this great fitness activity. And once you complete the camp, you'll get some goodies -- including a free Amelia Island Runners T-shirt if you register by June 5!

The camp will be at a new location this year, Fernandina Beach High School, 435 Citrona Drive. It'll be from 9 to 11 a.m., Monday through Thursday in classroom 0633 (in Building 6), and Friday at the bus loop. Please complete the application below and drop it off at the McArthur Family YMCA, 1915 Citrona Drive, or mail it to: AIR Summer Running Camp, P.O. Box 15322, Fernandina Beach, FL 32035. We hope to see you there!

Name _____ Age _____

Contact Phone Number _____ Email _____

Miles per week you currently run _____

If you've run a 5K, what was your time? _____ T-shirt size (adult sizes) S M L XL

Any other comments about your running or goals _____

Waiver: I know that running and participating in club training runs and races are potentially hazardous activities. I should not enter and participate unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete a run. I assume all risks associated with running including, but not limited to: falls, contact with other participants, the effects of the weather, including heat and/or humidity, contact with animals, traffic and the conditions of the road or trail, 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 Road Runners Club of America, Amelia Island Runners, Inc., Nassau County School Board, city of Fernandina Beach, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I further grant to Releasees the right to use any and all photographs, images or accounts of this event in any manner that they feel appropriate.

Signature _____ Date _____

(Must be signed by Parent or Adult Guardian)

Please visit us on the Web! www.ameliaislandrunners.com