

SET GOALS! NOT LIMITS, LLC

RUNNING CAMP

Presented by Cocoa YMCA

February 12th—April 15th

(Tuesday and Thursday evenings and Sunday mornings)



We build strong kids,
strong families,
strong communities.

Who: Runners of all ages and abilities who want to learn more about running. Those who want to find someone to run and train with, those wanting PR's, those wanting to run your first marathon or those walkers wanting to become runners. (high school age students cannot be running for their school team during this winter camp)

What: This is an online training program geared for the beginner or the elite. Runners get together two nights a week and on Sunday mornings for training runs.

Where: Tuesday and Thursday evenings at Cocoa YMCA—1519 Clearlake Rd.—Bldg. 18
Sunday mornings at Cocoa Riverfront Park in Cocoa Village

When: All Tuesday and Thursday evening runs will be at 5:45 pm.
Sunday long runs will be at 7:00 a.m.

Why: For several reasons. Very few people train at the paces they should be running at in order to increase their fitness level. This camp will teach you what paces you should be training at. Nobody likes to train alone, and this gives you a chance to meet some great people to run with.

FEES: YMCA members \$70.00 Returning runners \$80.00 New runners \$100.00

Sorry, all fees are non-refundable

For more info: Doug Butler—coachdbutler@gmail.com (321) 749-9778 (until 9 pm)

Linda Cowart—landclearing@bellsouth.net (321) 636-5508

Make checks payable to: **SET GOALS NOT LIMITS, LLC**

Mail to: Doug Butler, 2730 Village Park Dr., Melbourne, FL 32934

First name _____ Last Name _____ Age _____

Email: _____ Phone _____

PRINT LEGIBLY, PLEASE

Weekly Miles _____ Current 5k time _____

Waiver: I know that running and volunteering to work at running camp are potentially hazardous activities. I should not enter and run in camp activities unless I am medically able and properly trained. I agree to abide by any decision of a camp official relative to my ability to safely complete each run. I assume all risks associated with running and volunteering to work at camp including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the training and race courses, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for participation, I, for myself and anyone entitled to act on my behalf, waive and release Set Goals, Not Limits, LLC and its officers and agents, all sponsors, their representatives and successors, including the Cocoa YMCA, it's directors agents and employees, from all claims or liabilities of any kind arising out of my participation in these running camp activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature _____

Date _____

Parent's Signature if runner is under 18 years

Date _____