

# Summer Running Camp

May 28 to July 16th - 2015



7 weeks – 3 days per week  
**22 TRAINING SESSIONS!**  
*All ages are encouraged to participate!*

**Coach Doug Butler** will individually assess each runner and based on individual goals, set each runner up with a customized training program. He will base your training regimen on your particular level of fitness and advise you how to move forward to achieve your goals while staying injury free.



*Coach Doug Butler, MS  
—Sports Psychology  
2014 USAT&F  
Florida HS Cross Country  
Coach of the Year  
22 State Championship  
Running Titles  
USAT&F Certified Coach*

After assessing individual abilities, each runner will be put in a group with similar abilities. Each of the groups will have a group leader that will guide them through each workout and answer any questions.

**6:00 pm** Tuesdays & Thursdays  
**Wickham Park**  
**6:30 am** Sundays - Wickham Park

**Optional running:**  
**6:30 am - Mon. thru Fri. easy runs**

**Register Online @**  
[www.setgoalsnotlimits.com](http://www.setgoalsnotlimits.com)

## CAMP FEES:

### CAMP INCLUDES:

- Individualized training program
- Group runs with similar abilities
- Time trial to assess your base
- Mental skills training
- Learn racing strategies
- Learn to run confidently
- Learn proper stretching
- Nutrition advice
- Learn about Max VO2
- Refreshments
- Set Goals Running Shirt

### TOPICS DISCUSSED BY AREA EXPERTS

Diet and Nutrition      Physical Therapy  
Proper shoe fit

**Rec'd by**      **Rec'd After**  
**5/26/15**      **5/26/15**

<b>Returning runners</b>	<b>\$125</b>	<b>\$145</b>
<b>New runners</b>	<b>\$150</b>	<b>\$170</b>
<b>Students &amp; Seniors</b> <i>(60 yrs. and over)</i>	<b>\$100</b>	<b>\$120</b>

**Sorry, all fees are non-refundable**

### Make checks payable to:

Set Goals Not Limits

### Mail to:

Coach Doug Butler  
2730 Village Park Dr.  
Melbourne, FL 32934

### Got questions?:

Coach Doug Butler  
[coachdbutler@gmail.com](mailto:coachdbutler@gmail.com)

**(321) 749-9778**  
*(until 9 pm)*

Name \_\_\_\_\_ Age \_\_\_\_\_ Phone \_\_\_\_\_

Email: | | | | | | | | | | | | | | | | | | | | | |

Current Weekly Miles \_\_\_\_\_ Current 5k time \_\_\_\_\_ Goal distance and time \_\_\_\_\_

Check your T-shirt size:  Youth large  Youth medium      **Adult sizes:**  sm  med  lg  xl

**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 the Set Goals, Not Limits, LLC and its officers and agents, all sponsors, their representatives and successors, including the Running Zone 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