Summer Running Camp — June 7 to July 21st - 2016

SET GOALS NOT LIMITS

6 weeks – 3 days per week

19 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.

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.

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

6:00 pm **Tuesdays & Thursdays**

6:30 am **Sundays**

Optional running:
6:30 am - Mon. thru Fri.

Register Online @
www.setgoalsnotlimits.com

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

CAMP FEES:

	Rec'd by 6/3/16	Rec'd After 6/3/16
Returning runners	**$125**	**$145**
New runners	**$150**	**$170**
Students & Seniors *(60 yrs. and over)*	**$100**	**$120**

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

(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