



# Summer Run Camp

sponsored by



## CAMP DETAILS

### Location:

Grant H.S. Track (look for the FT tent)

### When:

Session 1: July 15th-19th

Session 2: July 22nd-26th

(sign up for one week or both at a super discount!)

Time: 10am-11:30am

### Cost:

**\$75\* for one week or \$110\* for two**

Includes t-shirt, headband, and camp!

\*Scholarships/waivers available. Email sean@foottraffic.us

### What to know and bring:

A low-pressure & super-fun introduction to running! Come prepared with the following:

- Sunscreen, water bottle, a light jacket, & good running shoes (15% off at Foot Traffic for all registrants and their parents)

## WHAT TO EXPECT

### More than just running:

Sure, we'll take the kiddos running, but it's beyond just logging miles & sweating away the summer. Our program focuses on instilling joy & enthusiasm for running & building knowledge and appreciation. Here's what to expect.

- Intro to workout structures, including proper stretching, warm-ups, and basic workout terminology.
- Basic nutrition ideas that are made for kids!
- Arts and craft project to be taken home at the end of the week. We will spend the final 20 minutes allowing kids to create running murals to take home & motivate them the rest of the year!

### Coaches:

Our head coach has years of experience leading all ages and abilities. We also have assistant coaches from area high school XC & track programs to add excitement & knowledge. Our ideal ratio is 10-12 athletes to 1 coach.

**more info at [www.foottraffic.us](http://www.foottraffic.us) or call 503.284.0345**

Detach & Submit With Payment. Send form to Foot Traffic, 4020 NE Fremont St., Portland, OR 97212

Athlete Name	School	Grade	Contact Email
Contact phone	Parent/Guardian Name	Parent/Guardian Signature (read waiver below)	
<input type="checkbox"/> \$75	<b>ONE WEEK CAMP FEE</b> (for first child. siblings discounted)		
<input type="checkbox"/> \$110	<b>2 WEEKS (DISCOUNTED!)</b> (one shirt and headband, however)		
<input type="checkbox"/> \$50	<b>ADDITIONAL SIBLING RATE</b> (per week. separate form for each)		
<b>SHIRT SIZE (CIRCLE ONE)</b>		<b>YOUTH</b>	<input type="checkbox"/> XS <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL
		<b>ADULT</b>	<input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL

### CHOOSE SESSION:

Session 1  Session 2

All Coaches and/or parent/guardians ARE REQUIRED TO ASSUME ALL RISK OF PARTICIPATION IN THE Portland Parks & Foot Traffic Running Camp. BY SIGNING THIS GENERAL RELEASE AGREEMENT: The undersigned athlete ("Student") and/or parent or guardian on behalf of the student/athlete, assigns, heirs, executors, hereby fully and forever releases, waives, discharges and covenants not to sue Portland Parks and Recreation, participating High School venues, FT Events, Foot Traffic, and other sponsors and cosponsoring companies of meet, and all municipal agencies whose property and/or personnel are used (collectively "Releasees") from all liability to the Student and his/her personal representatives, assigns, heirs, executors, for all loss(es) or damage(s) and any and all claims or demands therefore, on account of injury to the Student or property or resulting death of the Student. The Student and/or parent/guardian represents and warrants that the student is in good physical condition and is able to safely participate in the meet or program. The Student and/or parent/guardian is fully aware of the risks and hazards inherent in participating in the meet or program. The Student and/or parent/guardian hereby assumes all risks of loss(es), damage(s) or injury(ies) that may be sustained by the student while participating in the meet or program. The participant acknowledges that the entry fee is non-refundable and non-transferable. The Student and/or parent/guardian warrants that all statements made herein are true and correct. STUDENT and parent/guardian HAS READ THE FOREGOING AND INTENTIONALLY AND VOLUNTARILY SIGNS THIS RELEASE AND WAIVER OF LIABILITY AGREEMENT.