



Summer Run Camp

CAMP DETAILS

Locations:

NE PDX: Grant H.S. Track (look for the FT tent)
 WEST: Terra Linda Park (look for the FT tent)
 SE PDX: Sellwood Park (look for the FT tent)

When: Time: 9am-11am

WEST SIDE (Terra Linda Park):

CAMP 1: June 21st-24th, 9am-11am, "Nutty about running!" Grades 1-8.
 CAMP 2: July 12-15th, 9am-11am, "ALL RELAYS!" Grades 1-8
 CAMP 3: August 9-12th, 9am-11am, "CARD BLAST!" Grades 1-8.

NORTHEAST (Grant Park):

CAMP 1: June 21st-24th, 9am-11am, "Nutty about running!" Grades 1-8.
 CAMP 2: July 5th-8th, 9am-11am, "ALL RELAYS!" Grades 1-8.
 CAMP 3: August 2nd-5th, 9am-11am, "CARD BLAST!" Grades 1-8.

SOUTHEAST (Sellwood Park):es

CAMP 1: July 19th-22nd, 9am-11am, "ALL RELAYS!" Grades 1-8.

Cost:

\$79* for one week. (includes t-shirt)

Sibling rate: Only \$55 per week for siblings!

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

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!
- Games centered around running to make it fun!
- Each camp week features a different theme to keep it fun and different for repeat campers!

Coaches:

Our head coaches have decades of experience with all ages and abilities. We also have assistant coaches from area high school XC & track programs to add excitement & knowledge. Our ideal ratio is 10-15 athletes to 1 coach.

! Please come prepared with: sunscreen, water bottle, jacket, running shoes (15% off at Foot Traffic for all camp families!)

more info at www.foottraffic.us/summercamp 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"/> \$79	ONE WEEK CAMP FEE (for first child. siblings discounted)		
<input type="checkbox"/> \$55	ADDITIONAL SIBLING RATE (per week. separate form for each)		
SHIRT SIZE (CIRCLE ONE)		CHOOSE CAMP/LOCATION	
YOUTH <input type="checkbox"/> XS <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL		<input type="checkbox"/> CAMP ONE <input type="checkbox"/> GRANT <input type="checkbox"/> CAMP TWO <input type="checkbox"/> TERRA LINDA <input type="checkbox"/> CAMP THREE <input type="checkbox"/> SELLWOOD	
ADULT <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL			

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 Tualatin Hills Parks & rec. Portland Parks and Recreation, participating schools Foot Traffic, and other sponsors and cosponsoring companies of meet, & all municipal agencies whose property and/or personnel are used (collectively "releases") 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.