

Summer Running Camp 2011

Anyone interested in Running
Ages 8-15



When: June 20th-June 24th 9am-12noon

Cost: \$100 per child

Price includes a camp T-shirt, water bottle, and a 1.5 mile race on the last day of camp with medals/trophies being awarded.

Where: Dumbarton Middle Fields (between DMS & Rogers Forge Elem.).

What: Running Mechanics, Proper Stretching, Endurance Building, Strengthening Drills, Track and Field Basics, and GAMES.

Coaches:

Carrie Weaver- Former Asst. coach to Towson High XC teams, Former head coach of the Dumbarton Running teams, and Division One XC and Track and Field experience.

Leigh Erdman- Former coach for a "Girls on the Run" chapter for 3 seasons, has run competitively for the Charm City running Team, has been running for over 10 years and has ran 10 marathons with a PR of 3:06.

Registration: Mail-in: make checks payable to TRC, use the Form below.
300 Dumbarton Rd. Baltimore MD 21212

Questions: email Carrie Weaver at carrieweaver@gmail.com or phone 443-465-0316

2011 Summer Running Camp
June 20-June 24

Name _____ Age _____ Grade Fall 10 _____
Address _____ Zip _____ Phone _____
Email _____ Emergency Phone _____
Parent Signature _____ Date _____
T-SHIRT Size Adult Small Medium Large X-Large