

CROSS-COUNTRY RUNNING CAMP

This is a new Fairfield Parks and Recreation cross-country running camp introducing distance running to our community! This camp will introduce new and experienced runners to key drills and proper running technique. Basic running workouts will be shared and tried, with the goal of each runner being challenged at their individual fitness level. This camp will meet the needs of elite and beginning runners for a packed week of instruction. Camp leader is Roger McHone. Don't miss out on this unique opportunity!

Camp 1 Ages: Adults

Camp 2 Grades: 6-12

Camp 1 Dates: August 2nd - 6th

Camp 2 Dates: August 9th - 13th

Time: 9:00am

Location: 1st two days meet at the Roosevelt Recreation Center

2nd two days meet at Chautauqua Park

Last day meet at Jefferson County Park and we will swim afterwards

Fee: \$20 (T-Shirt)

To register: Bring registration form & \$20 fee to Fairfield Parks & Recreation, 1000 West Burlington Ave., Fairfield, IA 52556

Questions? Call Fairfield Parks & Recreation at (641) 472-6159 or

Call Roger McHone at 641-472-6298



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Participant Name _____

Address _____

City _____ State _____ Zip _____

Phone Number: _____ Age: _____ Grade: _____

E-mail Address (please print clearly) _____

All participants must sign the following release. Parents or guardians must sign for minors. I/We, realizing no insurance coverage is provided for the participants, will assume financial responsibility for any cost relating to an accident or injury that might occur while participating in above-named program. Furthermore, I will not hold the City of Fairfield, employees, volunteers or anyone otherwise involved in named programs responsible for any accident or injury that might occur.

Adult/Parent/Guardian Signature _____ Date _____