



# FALL RUNNING CAMP 2017

16 Weeks

Online Training and Free Group Workouts!

Aug. 8th - Nov. 26th

Includes personal training for those wanting to run a fall or winter marathon or half marathon!



Coach Doug Butler, MS  
—Sports Psychology

**Personal Best Times:**

5k	14:52
10k	30:55
1/2 Marathon	1:06:57
Marathon	2:25:56

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.

Very few people train at the paces they should be running at in order to increase their fitness level. This camp will teach you what paces you should be training at. Nobody likes to train alone, and this gives you a chance to meet some great people to run with.

This camp is geared for adults; students are welcome to join if they are not a member of a high school cross-country team.

This is a training program geared for the beginner to the elite runner. Runners have the option to meet two nights a week and on Sunday mornings for training runs.

The first night of running camp will begin at 6:00 p.m. All Tuesday and Thursday night runs will be at 6:00 pm. Sunday long runs will be at 6:30 a.m.

[www.setgoalsnotlimits.com](http://www.setgoalsnotlimits.com)



First name \_\_\_\_\_ Last Name \_\_\_\_\_

Age \_\_\_\_\_ Email: \_\_\_\_\_

PLEASE PRINT YOUR EMAIL **LEGIBLY**

Phone \_\_\_\_\_

Weekly Miles \_\_\_\_\_ Current 5k time \_\_\_\_\_

Goal Race & Distance (if you have one) \_\_\_\_\_

**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

### FEES:

**Until August 4, 2017**

Returning runners \$150.00

New runners \$200.00

Seniors (55+) & Kids \$125.00

**A late registration fee of \$20 will be charged to any registration postmarked after August 4, 2017**

*Sorry, all fees are non-refundable*

**Make checks payable to:**  
Set Goals Not Limits

**Mail to:**  
Doug Butler  
2730 Village Park Dr.  
Melbourne, FL 32934

**For more info contact:**  
**Coach Doug Butler**  
[coachdbutler@gmail.com](mailto:coachdbutler@gmail.com)

(321) 749-9778 (until 9 pm)