

# Summer Running Camp

May 28th to July 11th - 2019



7 weeks – 3 days per week – 20 Sessions!

All ages are encouraged to participate!

**Register Online @**  
[www.setgoalsnotlimits.com](http://www.setgoalsnotlimits.com)

**6:00 pm**    **Tues. & Thurs.**  
**6:30 am**     **Sunday**

**Optional Run Times:**  
**6:30 am - Mon. thru Fri.**

## CAMP FEES:

**DEDUCT \$20 from below fees**  
If registered by 5/24/19

Returning runners	<b>\$170</b>
New runners	<b>\$195</b>
Students & Seniors	<b>\$145</b>
<small>(60 yrs. and over)</small>	

### CAMP INCLUDES:

- Online Training and Group Runs
- Open Runs at Satellite High Rubber Track
- Tech Running Shirt
- Individualized training program
- Mental skills training
- Learn to run confidently
- Hydration and Refreshments provided

Pay online or mail your registration to:

Set Goals Not Limits (make checks payable to)  
2730 Village Park Dr.  
Melbourne, FL 32934

Questions?

[coachdbutler@gmail.com](mailto:coachdbutler@gmail.com)

**(321) 749-9778** (until 9 pm)

**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.

After assessing individual abilities, each runner will be put in a group with similar abilities.

*Coach Doug Butler  
MS—Sports Psychology*

*2019 Top 8 Coaches in Nation - NHSACA  
3-Time Nominee NHSACA Coach of the Year  
2014 USAT&F Florida HS Boys Cross Country  
Coach of the Year  
22 State Championship  
Running Titles  
USAT&F Certified Coach  
FHSAA Certified T & F Official*



Name \_\_\_\_\_ Age \_\_\_\_\_ Phone \_\_\_\_\_

Email: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Current Weekly Miles \_\_\_\_\_ Current 5k time \_\_\_\_\_ Goal distance and time \_\_\_\_\_

T-shirt size: **YOUTH**     Youth large     Youth medium

**ADULT:**     sm     med     lg     xl

**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 Set Goals, Not Limits, LLC and its officers and agents, all sponsors, their representatives and successors, 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**