

2010 Ashland Optimist Cross Country Camp

**For all interested athletes
in grades 6-12th**

Date: 08/21/2010-08/25/2010

Time: 7:30-11:00

Pre-register by: 08/04/10

Camp Fees:

- \$15.00 for all runners
- All participants will receive a shirt.

2010 Optimist Cross Country Camp will take place at the Ashland Optimist Building.

Runners will receive instruction from coaches, interact with past and present collegiate runners and have a blast.

All athletes are welcome. This is a great way to work on conditioning for fall sports.

<http://www.ashlandoptimist.org/crosscountry.html>



SCHEDULE

Speakers:

- *Physical Therapist
- *Ex-Southern Boone Athletes
- *Division I Athletes
- *Olympians

Activities:

- Stretch
- Run
- Pool Workout
- Run
- Scavenger Hunt
- Run
- Obstacle Course
- Run

For more information contact.

John Travlos:
573-657-2959
Chris Drury:
573-864-5403

Mail form and entry fee to:

John Travlos
PO Box 664
Ashland, Mo 65010

Phone: 573-657-2959
E-mail: jtravlos@centurytel.net

Name _____

Address _____

Contact Number _____

T-shirt Size: S M L XL

Sex _____ Grade _____

Participants must recognize that all activities of a physical nature involve some risk and by registering for this activity.

Signature _____ Date _____

Signature of parent or guardian if under 18 years of age. _____ Date _____