

Trail Dog Running Summer Camp Waiver

I give my child permission to attend Trail Dog Running, LLC Trail Running Camp. I hereby state that I am aware of and accept the risk inherent in the program activity. The undersigned does hereby agree to hold harmless and indemnify Trail Dog Running, LLC, its employees, and other coaches from any and all liability, loss, damages, costs and other expenses which are sustained, incurred, or required arising out of the actions or occurring in the course of participation in this program.

(Parent/Guardian Signature)

Trail Dog Running, LLC
131 Sycamore Street
West Bend, WI 53095

Unleash.

Trail Running Camp for ages 8-14

June 22-26, 2015

Ridge Run County Park
West Bend, Wisconsin

traildogrunning.com



TRAIL RUNNING CAMP 2015



Trail Dog Running Camp gives each runner the opportunity to experience health and fitness the way it should be:
 Rewarding, Exciting & Fun!

Daily Activity Schedule

8:45 am Check In

9:00 am Daily Focus Session

9:15 am Daily Fitness Experience
 (To include the 5 Components of Fitness)

TDR Trail Run #1

TDR Trail Run #2 (both trail runs are appropriate for runners at any level)

11:30 am Cool Down & Stretch

11:45 am Nutrition Experience
 (To include the Top Ten Superfoods)

12:00 pm Dismissal

Trail Running Camp location:

Ridge Run County Park
 300 South University Drive
 West Bend, Wisconsin

Camp Philosophy

TDR believes that incorporating health and fitness into daily life is rewarding, exciting, and leads to a happy, fulfilled lifestyle. Instilling these ideals within today's youth creates fantastic lifelong habits.

Camp Staff

Trail Dog Running, LLC, is locally owned and operated by Patrick and Hillary Danaher, both educators who have trained for and finished multiple marathons (on and off road). TDR staff is comprised of experienced runners who are dedicated to fostering and nurturing a lifetime of healthy habits for young runners.

2015 Trail Running Camp

June 22-26, 2015 ~ 9:00am - 12:00 pm

 (camper's name)

 (Address)

 (City, State, Zip)

 (phone)

 (e-mail)

_____ Male/Female
 (camper's birthdate)

 (school)

 (parent's name)

 (emergency contact name)

 (emergency contact phone number)

t-shirt size: YS YM YL AS AM AL
 Please fill out one registration per camper.

Registration Fee: \$50
 Make checks payable to:
Trail Dog Running
131 Sycamore Street
West Bend, WI 53095