EMBRY-RIDDLE DISTANCE CAMP

June 14-20 • June 20-26

Join us for a week or two of great running in the beautiful, scenic mountains of South Carolina

Camp Dates and Costs

<table>
<thead>
<tr>
<th>SESSION 1</th>
<th>SESSION 2</th>
<th>COST</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Sunday, June 14 - Saturday, June 20</strong></td>
<td><strong>Saturday, June 20 - Friday, June 26</strong></td>
<td><strong>Tuition</strong></td>
</tr>
<tr>
<td>June 14 7:30 a.m. Depart from the ICI Center</td>
<td>June 20 6:30 a.m. Depart from the ICI Center</td>
<td>$420 per session if deposit received by June 1*</td>
</tr>
<tr>
<td>June 20 3 p.m. Camp Begins</td>
<td>June 20 3 p.m. Camp Begins</td>
<td>$470 per session if deposit received after June 1*</td>
</tr>
<tr>
<td>June 20 Camp ends (TBA)</td>
<td>June 26 8 a.m. Camp ends</td>
<td>$100 non-refundable deposit due by June 1 or until camp fills</td>
</tr>
<tr>
<td>Depart for return to Daytona Beach</td>
<td>Depart for return to Daytona Beach</td>
<td>* 10% discount if attending both sessions.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>*5% discount for teams of seven (7) or more</td>
</tr>
</tbody>
</table>

*Transportation, if needed, will be provided for an additional fee of $150

Who Should Attend

This camp is designed for the serious runner! It is intended for high school runners who are preparing for the upcoming cross country season and adult runners who want to improve their current level of conditioning. It is not intended or appropriate for anyone under the age of 12.

Contacts for Questions or More Info

Mike Rosolino at (386) 323-5008 / Rosol774@erau.edu
Peter Hopfe at (386) 366-4303 / hopfe485@erau.edu

Transportation

Transportation will be available from Embry-Riddle to the campsite. Food will be provided on the trip as well as during the camp.

Lecture Topics

Each day will feature a different lecture on topics such as:
- Nutrition for Runners
- Elements of a Good Training Plan
- Evaluation of Individual Running Form
- Cross Country and Track Racing Tactics
- Running in College
- Speed drills for distance runners

Types of Workouts

Workouts will include runs of varying distances, paces and surfaces including challenging trails and gravel roads. Most sessions end with a refreshing swim in cool mountain streams. In addition, workouts will include form drills, plyometrics, pool workouts, speed development drills and flexibility training.

EMBRY-RIDDLE DISTANCE CAMP REGISTRATION FORM

The Embry-Riddle Distance Camps will be held at the Rocky Bottom Conference Center in Sunset, S.C. I acknowledge that the sport of running is a rigorous physical activity, participation in which may result in physical injuries, harms, or damages. On behalf of myself and the participant, I acknowledge and agree that Embry-Riddle Aeronautical University, its trustees, officers, employees, agents, and others connected with the running camp are not liable for any cost or expense caused by any accident or injury sustained by the participant in any course of instruction, exercise, or other activity associated with the camp. In consideration of the participant’s participation in the running camp, I agree to defend and indemnify Embry-Riddle Aeronautical University, its trustees, officers, employees, agents, and others connected with the running camp against any and all claims and demands for any cost or expense arising from any accident or injury sustained by the participant in connection with the running camp.

CAMPER NAME (Please Print) ___________________________ Age ________ Date of Birth __________ Gender M/F

PARENT/GUARDIAN NAME (Please Print) ___________________________ PARENT/GUARDIAN SIGNATURE (Required) ___________________________

Street Address __________________________________________ City_______ State ____ Zip Code________

Home Telephone __________________________ Emergency/Cell Phone __________________________

Email Address ___________________________________________ School Grade (2015-16) _______ School ________

Transportation Needs (Circle one): Yes No ADULT T-SHIRT SIZE (Circle one): S M L XL

Indicate Session Preference(s): ______ Session 1 (June 14-20) ________ Session 2 (June 20-26) ________ Both Sessions (June 14-26)

________ Enclosed is my camp application and $100.00 deposit*

________ Enclosed is the $150 transportation fee

________ Enclosed is my camp application and $470 for tuition only ($420 if received before June 1)*

________ Enclosed is my camp application and $846 for tuition and transportation ($756 if received before June 1)*

*Tuition includes $100 non-refundable processing fee

Please make checks payable to: Embry-Riddle Cross Country

Mailing Address: Embry-Riddle Cross Country Camp
c/o Embry-Riddle Intercollegiate Athletics
600 S. Clyde Morris Blvd.
Daytona Beach, FL 32114-3900

For further information contact (386)323-5008 or visit our website at http://erauathletics.com