

NEW WAVE PT PRESENTS:

# SPACE COAST RUNNERS SPRING TRAINING CAMP



## WHEN

January 16 – May 5, 2024

Tuesdays at 6pm in the Satellite Beach area

Sundays 6am at Oars & Paddles or Cocoa Village

## WHAT

16-week training camp with personalized schedule delivered through Final Surge Coaching by SCR Head Coach Kaitlin Donner & workout pace leaders

## GOAL RACE

Space Coast Classic 15K

Eat My Crust 5K

\*You do not have to register for either race to run in camp

## COST

\$210 for SCR Members (+\$25 for non-SCR members)

Add one 1-hour group strength session a week at New Wave for \$160



Awesome Run with Us training tank or shirt



Group training atmosphere, group pace leaders, access to closed facebook group for encouragement, and weekly Coffee with Coach



FREE weekly product samples and giveaways, and 20% off New Wave services for the duration of camp



FREE injury prevention workshop and pre camp Meet and Greet with Coach Kaitlin





# 2024 SCR Spring 16 Week Training Camp January 16 - May 5, 2024

With Coach Kaitlin Donner



## Select Registration Option

- \_\_\_\_\_ 16 Week Spring Training Camp - \$210
- \_\_\_\_\_ 16 Week Spring Training Camp: Non-Member - \$235
- \_\_\_\_\_ 16 Week Spring Training Camp + Strength Sessions: \$360
- \_\_\_\_\_ 16 Week Spring Training Camp + Strength Training: Non-Member - \$385

Early registration ends 01/01/24. Add \$25 to each option if registering after this date. Checks made payable to: Space Coast Runners

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_ DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_ Age: \_\_\_\_\_ Sex: M / F

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

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Do You Prefer Shirt or Tank? \_\_\_\_\_ Circle: Women Men Shirt Size: \_\_\_\_\_

What distance will you be training for?

15K 5K OTHER List other distance: \_\_\_\_\_

What is your goal time for your race? \_\_\_\_\_

What is your current weekly mileage? \_\_\_\_\_

Anything else to share with Coach? \_\_\_\_\_

Participation Waiver: I know that running and volunteering to work in club training camps and races are potentially hazardous activities. I should not enter and participate unless I am medically able and properly trained. I agree to abide by any decision of Space Coast Runners or New Wave Physical Therapy & Sports Rehabilitation relative to my ability to safely complete the run and/or training camp. I assume all risks associated with running in SCR training camps and races including, but not limited to: falls, contact with other participants, the effects of the weather, including heat and/or humidity, traffic and the conditions of the road, such as risks being known and appreciated by me. I further agree to abide by the Center for Disease Control's (CDC) recommendations for the prevention of the spread of the 2019 Novel Coronavirus Disease (COVID-19) and other communicable diseases, and I attest to having read the CDC's guidance at: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>. I assume all such risks being known, appreciated, and accepted by me. Having read this waiver and knowing these facts, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, Space Coast Runners, Inc., New Wave Physical Therapy & Sports Rehabilitation, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in club and training camp activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_