

2009 SUMMER RUNNING CAMP BOYS & GIRLS

All ages welcomed

WHERE: Brookdale Park, Bloomfield

WHEN: Monday thru Friday
August 17th-21st

TIME: 6:00 p.m. – 8:00 p.m.

REGISTRATION FEE: \$125.00

\$100.00 (if 3 members from the same team sign up)

COACH:

Joel Pasternack – Former Head Coach at Glen Ridge High School,
William Paterson University, Montclair State University and Ramapo
College



* Training will include: distance, speed, hills,
strength & flexibility

*If you have any questions, please call Joel Pasternack at 973-773-2082
or email him at joelrun@aol.com*

Please return form, waiver and check payable to Joel Pasternack by August 7, 2009 to:
Joel Pasternack, 126 Patricia Pl., Clifton, NJ 07012

Name: _____

Address: _____

Date of Birth: _____ Grade: _____

Phone: _____

Emergency Phone: _____

I, the undersigned parent or guardian, do hereby grant permission for my son/daughter to attend the Running camp on August 17-21. I acknowledge, understand and agree that in participating at the camp there is a possibility of physical injury and that my son/daughter is assuming risk of such physical injury by his/her participation. I assume full responsibility for my son/daughter's participation. The camp staff will not be held responsible for any injury incurred while my son/daughter is at camp. I will be notified immediately at the above phone number in the situation where an injury to my son/daughter has occurred.

Parent's Signature

Date