

# 2012 WINTER Running Camp



**Jan. 17th - April 29th**  
**Group Runs**  
**Tuesdays & Thursday nights**  
**and Sunday mornings**

## *Successful training for a 5k up to a Marathon*



*Coach Doug Butler, MS*  
*—Sports Psychology*

*Named 2010 FHSAA*  
*XC Coach of the Year*

*11 Florida Cross Country*  
*State Championships*

**Coach Doug Butler** has been training runners of all ages successfully for over 10 years. He has won more Florida High School Cross Country state championships than anyone in the history of the sport. He has coached legions of runners in all distances and provided training that has led to personal successes for many high school team and individual state champions, footlocker xc national qualifiers, Boston & New York City Marathon qualifiers, off-season college soccer athletes—anyone seeking to improve their fitness levels through running. Many of the runners he coaches train with him the entire year and some for several years continuing to set new personal records (PRs). If you aspire to improve your running, no matter what level you are at, Coach Butler will help you achieve your goals using both personalized training and teaching that a positive mental outlook will allow you to build the confidence you need to move forward towards your goals.

Very few people train at the paces they should be running at in order to increase their fitness level. This camp will teach you what paces you should be training at. This camp is geared for adults, but, students are welcome to join if they are not a member of a high school track & field team.

Runners meet two nights a week and on Sunday mornings for group training runs. If you prefer to run on your own, Coach will gladly set up your program and communicate with you via email or phone. You are still welcome to attend group runs if you choose.

**The first night of camp (January 17th) will be at 6:30 p.m. at:  
Running Zone - 3696 N Wickham Rd. in Melbourne just south of Post Rd.**

**Tuesday and Thursday evening runs will be at 6:00 pm. Sunday long runs will be at 6:30 a.m.**

You may check [www.setgoalsnotlimits.com](http://www.setgoalsnotlimits.com) for workout information,

First name \_\_\_\_\_ Last Name \_\_\_\_\_

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

**PLEASE PRINT YOUR EMAIL LEGIBLY**

Phone \_\_\_\_\_

Weekly Miles \_\_\_\_\_ Current 5k time \_\_\_\_\_

**Waiver:** I know that running and volunteering to work at running camp are potentially hazardous activities. I should not enter and run in camp activities unless I am medically able and properly trained. I agree to abide by any decision of a camp official relative to my ability to safely complete each run. I assume all risks associated with running and volunteering to work at camp including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the training and race courses, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for participation, I, for myself and anyone entitled to act on my behalf, waive and release the Set Goals, Not Limits, LLC and its officers and agents, all sponsors, their representatives and successors, including the Running Zone directors agents and employees, from all claims or liabilities of any kind arising out of my participation in these running camp activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature \_\_\_\_\_

Date \_\_\_\_\_

Parent's Signature if runner is under 18 years \_\_\_\_\_

Date \_\_\_\_\_

### **FEES:**

**Until Jan 13, 2012**

**Returning runners \$125.00**

**New runners \$150.00**

**Seniors (55+) \$100.00**

**Annual Memberships— \$300**

*Participate in year-round training*

**A late registration fee of \$20 will be charged to any registration postmarked after Jan 13, 2012**

**Sorry, all fees are non-refundable**

**Make checks payable to:**

**Set Goals Not Limits**

**Mail to:**

**Doug Butler**

**2730 Village Park Dr.**

**Melbourne, FL 32934**

**For more info contact:**

**Coach Doug Butler**

[coachdbutler@gmail.com](mailto:coachdbutler@gmail.com)

**(321) 749-9778 (until 9 pm)**