

# 2010 Ashland Optimist Cross Country Camp

**For all interested athletes  
in grades 6-12th**

**Date: 08/21/2010-08/25/2010**

**Time: 7:30-11:00**

**Pre-register by: 08/04/10**

**Camp Fees:**

- \$15.00 for all runners
- All participants will receive a shirt.

**2010 Optimist Cross Country Camp will take place at the Ashland Optimist Building.**

**Runners will receive instruction from coaches, interact with past and present collegiate runners and have a blast.**

**All athletes are welcome. This is a great way to work on conditioning for fall sports.**

**<http://www.ashlandoptimist.org/crosscountry.html>**



## SCHEDULE

**Speakers:**

- \*Physical Therapist
- \*Ex-Southern Boone Athletes
- \*Division 1 Athletes
- \*Olympians

**Activities:**

- Stretch
- Run
- Pool Workout
- Run
- Scavenger Hunt
- Run
- Obstacle Course
- Run

For more information contact.

John Travlos:  
573-657-2959  
Chris Drury:  
573-864-5403

**Mail form and entry fee to:**

John Travlos  
PO Box 664  
Ashland, Mo 65010

Phone: 573-657-2959  
E-mail: [jtravlos@centurytel.net](mailto:jtravlos@centurytel.net)

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Contact Number \_\_\_\_\_

T-shirt Size:   S     M     L     XL

Sex \_\_\_\_\_ Grade \_\_\_\_\_

Participants must recognize that all activities of a physical nature involve some risk and by registering for this activity.

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

Signature of parent or guardian if under 18 years of age. \_\_\_\_\_ Date \_\_\_\_\_