

Flash's Summer Running Camp

Runners looking to improve their times, learn better race strategies or just starting out will benefit from Coach Flash's 20+ years of racing, training and coaching experience. Improve your mind, body and heart in this exciting two week running camp.

When: Week 1: June 20, 22, 24 (MWF), 6-8:00 AM for morning session, 6:30-8:30 for evening session

Week 2: June 27, 29, July 1 (MWF) (you may attend any 6 sessions for \$175 or 12 sessions for \$300)

Where: Desert Foothills Park 1010 South Marketplace Way, Phoenix, AZ 85048

Costs: (choose 1): \$175 for 6 total sessions **OR**

\$300 for all 12 total sessions (save \$50!) Cash or check accepted.

Make checks payable to Clinton Santoro

Registration: 30 minutes prior to each session, morning or evening (5:30-6:00 AM, 6:00-6:30 PM).

Contact: Coach Flash @480-444-8841 (cell) or flash.santoro@gmail.com

Areas of focus:

- Having a can-do, positive attitude that carries over to all aspects of life
- Proper warm-up routine
- Improving running form to become faster and more efficient
- Core/upper body strengthening
- Proper way to run up and down hills, corners and tangents
- Effective training and racing strategies
- Eating right to achieve maximum performance
- Stretching for success

Scheduled speakers:

Susan Loken (3-time Olympic Trials Marathon qualifier), who will discuss how-to of mentally prepare for a race and stay positive in your training and racing.

Melissa Guthrie (Nutritionist, Runner/Triathlete and Fitness Coach) will bring light to the subject of what runners should consume, and in what quantities.

Bernie McDonnell (a cross country and track coach at Desert Vista High School) will discuss becoming and staying a runner for a lifetime.

Doug Christofis (Girls Cross Country and strength Coach at Desert Vista High School) will speak about the benefits of strength training for distance runners and what exercises are best.

Martin Giacalone (of Performance Massage) will talk about the benefits of massage after a hard run or before a big race.

Amy Novotny, Physical Therapist at Foothills Sports Medicine, will discuss common running injuries, prevention and physical therapy benefits.

Dr. Dave from HealthSource of Tempe will give a demonstration using Rock Tape to aid in performance when muscles are weak or overused so that one can still perform at his/her best.

Heather Malahy from Back In Line Chiropractic will be there to perform A.R.T (Active Release Therapy), a method used to get your muscles stretched out to help you run without the pain.

I look forward to enriching **your** running and taking **you** to the next level. Have a great day! ~Coach Flash

Schedule (tentative) for guest speakers:

Monday, June 20 (AM):	6:45-7:15 AM: Amy Novotny will discuss common running injuries. 7:30-8AM: Heather Malahy from Back in Line Chiropractic will do some ART after the run.
Monday, June 20 (PM):	6:30-6:45 PM: Dr Dave Campbell from Healthsource of Tempe will do a Rock Tape demo on those who might need it before the run. 8:00-8:30 PM: Heather Malahy from Back in Line Chiropractic will do some ART after the run.

Flash's Summer Running Camp Registration Form

First Name: _____ Last Name: _____	Phone # : _____ cell _____ work _____ home
Email: _____	Date of birth: _____
Street Address: _____	Street Address (cont): _____
Name of Parent/Guardian: _____	Gender: Male / Female
Circle those which apply: 6 sessions (May choose any combination of six AM/PM sessions on June 20, 22, 24, 27, 29 or July 1) 12 sessions (You may attend all twelve sessions from both weeks)	Totals: 6 sessions = \$175 12 sessions = \$300 (save \$50!)
<i>Make checks payable to Clinton Santoro. Cash accepted.</i>	<i>Total due:</i> _____

By signing this release, I understand that participation in Flash's Summer Running Camp involves running and working out in extremely hot and/or humid conditions that make this a grueling activity. I understand there is risk of damage, illness or death due to the heat and humidity. In consideration of the above, I fully assume all risks of damage, illness, injury or death I/(my child) may suffer as a result of participation in Flash's Summer Running Camp (including travel and any camp-related activity) or as a result of the negligence of any of the Releasees identified below. I voluntarily waive any rights, claims, and causes of action I have or may have against the following Releasees and their agents, representatives, successors and assigns: Clinton Santoro, Sole Sports Running Zone, USA Track & Field, Arizona Elite Track Club, Maricopa County, the city of Phoenix, the Parks and Recreation Department of Phoenix and any camp volunteers, sponsors, counselors, helpers or anyone associated with this event. I understand my right to bargain for different waiver of liability terms and waive that right. The foregoing release is binding on me personally, as well as upon my heirs, executors, administrators, personal representatives, successors and interested persons who might make a claim on my behalf. I further state that I am/my child is in proper physical condition to participate in Flash's Summer Running Camp. I will additionally permit the free use of my/(my child's) name and/or picture in a broadcast, telecast, newspaper, on a website or account of this event. IF ATHLETE IS UNDER 18: This is to certify that my child has my permission to take part in Flash's Summer Running Camp, is in good physical condition and that volunteers and counselors from the camp have permission to authorize emergency treatment if necessary. I warrant that all statements made herein are true and correct and understand that Releasees have relied on them in allowing me/(my child) to participate.

Participant Signature _____ Date _____

Parent Signature (if participant is under 18) _____ Date _____