

DISCLAIMER

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I, the undersigned, (for myself, heirs, personal representatives and assigns) intending to be legally bound, do hereby waive and release all rights, claims, demands and/or causes of action against the Downingtown Running Company and its Directors for any personal injury which I might sustain during clinic activities, immediately known to me or hereafter discovered, and for any and all other damages or losses which I might incur, now or in the future, arising from or out of my participation in the x-c clinic.

Parent Signature: \_\_\_\_\_

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

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

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**CROSS COUNTRY CLINIC**

Fourth Grade – High School

**TUESDSAY & THURSDAY  
MORNINGS**

JULY 9<sup>th</sup>, 14<sup>th</sup>, 16<sup>th</sup>, 21<sup>st</sup>, 23<sup>rd</sup>, 28<sup>th</sup>, 30<sup>th</sup>

August 4<sup>th</sup> & 6<sup>th</sup>

8:00-9:30 AM

Kerr Park

Pavilion

Downingtown



**Downingtown Running Company**

135 E. Lancaster Ave  
Downingtown, PA 19335  
(610) 269-6700



[www.downingtownrunningcompany.com](http://www.downingtownrunningcompany.com)

# X-C CLINIC

## CLINIC LEADERS

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Chris Bodary: Graduate of Bishop Shanahan (2008). Five seasons of x-c & track competition. PR's include mile in 4:19, 2 mile indoor in 9:07 (runner up national champ) and 5k x-c in 15:20.

Kevin Matthews: Competed for Boise State (division 1) in x-c & track. PR's include 30:11 10k (track) and 2:21 marathon (3<sup>rd</sup> Portland Marathon).

## CLINIC INFORMATION

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- Group Runs
  - Tips & Strategy for Racing & Training
  - Tips for Mental Preparation
  - Strength Exercises
  - Improving Flexibility
  - Tips for warm-up & cool-down
  - Information on Recovery & Nutrition
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## AMENITIES

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- T-Shirt for all Participants
- Water & Gatorade
- Refreshments & Snacks
- Prizes
- Timed Runs

## SCHEDULE

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- Tuesday & Thursday Mornings  
8:00-9:30 July 9<sup>th</sup> – August 6<sup>th</sup>
- Arrive 10 min. prior to start time
- Drop-off and Pick-up at the Pavilion (near the playground)
- Participate in Timed Run on Struble Trail sponsored by Downingtown Running Club on Friday August 7<sup>th</sup> at 7:15.

## EXTRA INFORMATION

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- Wear comfortable running shoes
- Wear lightweight clothes
- Wear sun block
- Bring water bottle with name on it

## ENTRY FORM

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Name \_\_\_\_\_

Birthdate \_\_\_\_\_ Sex \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

Zip \_\_\_\_\_

Email \_\_\_\_\_

Home #: \_\_\_\_\_

Cell #: \_\_\_\_\_

T-Shirt Size: YS YM YL S M L  
(circle)

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**Fee:** \$50

Make checks payable to:

**Downingtown Running Company**

Mail completed and signed application to:

Downingtown Running Company  
135 E Lancaster Ave  
Downingtown, PA 19335

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