



Runs, games, lectures and other fun activities.

JUNE 5-8, 2023 - 8:00 AM TO 11:00 AM - LITTLETON HIGH SCHOOL

Littleton High School, in conjunction with Right Start Race Management, is hosting a middle school distance running camp June 5-8, 2023.

The four-day camp will run from 8:00 a.m. to 11:00 a.m. at Littleton High School and is open to any runner entering 6th, 7th or 8th grade in the fall.

Each day will begin with announcements, warm-up and then a run. Afterward, we'll cool down, grab a snack and then settle in for an interactive presentation from one of our experts. We'll close the day with final thoughts and get home in time for lunch.

Registration fee covers all training, lectures, food and a camp t-shirt. Participants who register before May 10 will be guaranteed their requested t-shirt size.

Questions? Contact Coach Ayers at Sydney@RightStartEvents.com.

RUN WITH THE LIONS YOUTH RUNNING CAMP APPLICATION AND WAIVER

Athlete Name _____ Gender _____ Grade (Fall 2023) _____

Address _____

Home Phone _____ Email _____

Athlete Cell Number _____ Shirt Size YL S M L

Emergency Contact Name _____

Relationship _____

Phone _____

Make check payable to: **Right Start Race Management**, 2560 Pierson Street, Lakewood, Colo. 80215

Cost: \$250 until March 31, 2023

\$300 from April 1, 2023 to June 2, 2023

NOTE: You can sign up online at rightstartevents.com.

Registration closes June 2, 2023 or when at capacity.

The Lions Middle School Distance Camp includes, but is not limited to, the following activities: running, physical movement, stretching. It is understood there are inherent dangers in these activities that could result in injury. By signing below, the parent/guardian assumes all risks associated with participation. I hereby authorize the directors of the Run With the Lions Youth Running Camp to act for me according to their best judgment in any emergency requiring medical attention and hereby waive and release the camp, Littleton Public Schools, Littleton High School, Right Start Race Management, Right Start Race Management directors and the instructors of all liability for any illnesses or injuries incurred by the above named participant while at or en route to the camp. My child has adequate insurance coverage through a family plan or policy.

Parent/Guardian Signature _____