

# *Arrowhead High School Cross Country Camp*



Arrowhead will again be hosting their coed high school cross country camp. Included in the camp are talks from coaches and collegiate runners. Each night runners will also go on a training run. A trail run at Nashotah Park, one of the best running trails in Wisconsin, will be one of the training runs.

Dates: Monday - Thursday, July 23-26

Time: 5:30 - 8:00

Place: Arrowhead HS, north campus in Hartland

Fee: \$65 preregistration and \$75 late registration

Name \_\_\_\_\_ High School \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Shirt Size: S M L Best time last year \_\_\_\_\_

By virtue of my signature, I hereby release all instructors, Arrowhead High School and staff, and any other students from all liability for personal injury, which may occur during or after my participation in the Arrowhead Cross Country Camp. I acknowledge that I must have adequate health insurance to cover any injuries while involved in this camp.

PARENT/GUARDIAN: \_\_\_\_\_ DATE: \_\_\_\_\_

Shirt Size: Youth Sizes S M L or Adult Sizes: S M L

Make checks payable and send to: Mike Mulrooney, 813 Anton Rd., Hartland, WI 53029 (262-367-3474) Email: arrowheadcc@gmail.com

