

All participants receive expert instruction on running form, training methods, core strength and shoe selection.

*Special offers this year include:*

- Free injury screening at Olympic Chiropractic
- Nike camp t-shirt

### **Camp Schedule:**

8:00 a.m. Wild Meadows Trace  
(York and Prairie Path) Elmhurst–most days

7:00 a.m. Timothy Christian Track–occasionally  
See website for specifics



CHIROPRACTIC  
PHYSICAL THERAPY

(630) 833-4437

**Improve Your Endurance for all Sports**

# **CHAMPIONSHIP TRAINING ACADEMY**

**630-306-2986**

[cta.runningcamp@gmail.com](mailto:cta.runningcamp@gmail.com)  
[www.ckrunning.com](http://www.ckrunning.com)

# 2011



# **CHAMPIONSHIP TRAINING ACADEMY**

## **Co-Ed Running Camp**



**June 6-July 8**  
**July 18-July 22**

**DIRECTED BY  
COACH CHARLIE KERN**

POSTAGE

# CHAMPIONSHIP TRAINING FOR ATHLETICS AND LIFE

## Mission

With expert coaching, Championship Training Academy's aim is to help athletes find success in an environment that fosters athletic and character development.

## Experience and Leadership

Charlie Kern, head coach and director of Championship Training Academy, began running when he was in seventh grade. He was successful on the high school and collegiate level. This past summer he won the mile in the US and World Championships for his age group. Coach Kern has been coaching at the middle school, high school and junior college level since 1991. Coach Kern has given presentations at numerous coaching clinics since 2004. Drawing on these experiences, Coach Kern will oversee all running camp workouts and will help each runner achieve his or her personal best. He will be assisted by some of Elmhurst's finest runners and guest speakers, including state champions and All-Americans.

## Athletes trained by Coach Charlie Kern include:

- Middle school through college teams
- State Champions and All-Americans
- Boston Marathon qualifiers
- Olympic Trials contenders
- Professional triathletes



Mail registration and check for \$225.00 (payable to CKrinning)  
To: CKrinning, P.O. Box 74, Elmhurst, IL 60126

Name: \_\_\_\_\_ Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Emergency Contact and Phone: \_\_\_\_\_

Entering grade (5th-12th): \_\_\_\_\_ T-shirt size: S M L XL

**WAIVER:** I, the undersigned participant, do hereby certify that I am aware and understand that participating in Championship Training Academy is a strenuous physical activity, which is potentially hazardous. I am also aware and understand that I should not participate unless I am medically capable of such strenuous physical activity, free from any physical impairment that would medically limit my ability to safely engage in such an activity, and that I have properly prepared for such strenuous physical exertion and gradually trained over an appropriate period of time. I assume all risks associated with running and walking in this camp, including but not limited to: injuries resulting from falls, missteps, dehydration, surface, grass surface, track surface, carelessness, horseplay, my know and unknown medical conditions, and all other circumstances inherent to outdoor recreational activities, all such risks being known and accepted by me. Having read this waiver and knowing these facts and in consideration of your acceptance of this entry, I expressly and voluntarily assume the full risk and legal liability and hereby, for myself, my heirs, executors, representative, administrators and anyone entitled to act on my behalf, waive any and all claims I may have against, and release and discharge, the Long Green Line, Inc., their officers, directors, volunteers and committee members, City of Elmhurst, USATF, Elmhurst Park District, Timothy Christian High School, Nike, Olympic Chiropractic and all sponsors and volunteers associated with the Championship Training Academy, their representatives, successors and assigns, for any and all injuries, damages, and losses, regardless of severity, suffered by me in connection with or relating to the activities associated with participating in this club, including, but not limited to, activities held both before and after the activity.

Signature (Parent/Guardian if under 18) \_\_\_\_\_

Date \_\_\_\_\_