



*and West Long Branch  
Sports Association present:*

# Cool Runners Fitness Camp

## Camp Information

Dates - The following Thursdays  
April 20, 27, May 4, 11, 18, 25

Time - 5:30 - 6:30 p.m.

Sorrentino Park  
Monmouth Road  
West Long Branch, NJ 07764

Cost - \$105  
(race registration not included)

### Camp Highlights:

- Make running fun
- Focus on proper technique
- Specific training programs for every skill level
- Fitness Games and Races
- Camp t-shirt

For more information, call  
**732-406-4454**, or e-mail  
[rob@rtc-training.com](mailto:rob@rtc-training.com).

## Cool Runners Fitness Camp Returns to West Long Branch

Registration is now open for the Cool Runners Fitness Camp for those in kindergarten through 8<sup>th</sup> grade. In partnership with West Long Branch Sports Association, Cool Runners Fitness Camp is designed to provide a fun, positive environment for all campers while developing fitness, self-respect and healthy lifestyles through running. This camp is offered by Robert Cavanaugh, director of RTC Training and leads up to the Michael Thorne 4 mile run and kid's races. The half mile and 1 mile races are open to all kids.

### Robert Cavanaugh – Camp Director (RRCA Certified)

Robert attended Red Bank Catholic where he broke records on the track and soccer field and upon graduating earned All County, All Shore, and All State honors. He continued on at Division 1 Monmouth University where he excelled on the track and soccer teams and earned all East Honors for track.

Robert is a 5-time Michael Thorne 4 mile winner and has also won the Monmouth Beach 3 mile, Sea Girt 5k, Little Silver 5k, Shrewsbury 5k, and Belmar 5

Robert currently resides in West Long Branch and is married with 3 children. He has coached and trained hundreds of children for the past 14 years.

**Register online at [www.RTC-Training.com](http://www.RTC-Training.com) and click on the Camps tab.**

## Registration Form

**Mail: (checks payable to RTC Training) Cost - \$105**

33 Lakeview Avenue  
West Long Branch, NJ 07764

**Waiver/Release:** In consideration of your accepting my or my child's entry, I hereby certify that I and/or my child/ children are physically able to compete in this event/program. I waive and release any claims I may have against the event organizers, and any representatives/employees/ counselors involved in RTC Training's Cool Runners Fitness Camp for any and all injuries suffered. I certify that I and/or my child is physically able to compete in this event and has no limitations that will prevent him/her from doing so.

Child's First Name \_\_\_\_\_ Last Name \_\_\_\_\_ Grade Level \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

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

Parent/Guardian Signature \_\_\_\_\_ Date: \_\_\_\_\_

## WLB Running