



Hilltoppers is a Summer Training Program designed to prepare junior high and high school runners for cross-country. Each individual is placed into a group with athletes of similar fitness levels. They are coached with the goal of having them ready for their upcoming cross-country season w/ their team and coaches.

HILLTOPPERS is more than just about physical conditioning. We cover a variety of topics related to running with guest speakers consisting of post-collegiate runners, coaches, and experts in various fields of study including nutrition and strength training.

Practices take place on Tuesday and Thursday evenings from 5:30-7:00p.m. at various parks and trailheads around the greater Cedar Valley. Training begins on Tuesday, June 7th and ends on Thursday, July 21st..

You'll receive calendars with date, time, & place, for each run. (We ask that one parent/guardian for each attending family, volunteer to help with at least one of the evening runs over the course of the 7 weeks. We won't make you run but you're welcome to if you'd prefer. Otherwise we have check in and check out duties as well as other areas of need for volunteers. Team work makes the dream work;)

**REGISTRATION :**

\*Cost is \$75 and includes insurance and a T-shirt.

\*Sign and return with cash, check payable to: The Runner's Flat 120 Main St. Cedar Falls, IA 50613

Athlete Name \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_ Grade Entering \_\_\_\_\_

**Athletes Email** \_\_\_\_\_

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

T-shirt Size (Unisex):        XS        S        M        L        XL        XXL

Recent personal bests: Distance/Time \_\_\_\_\_

Parent Name \_\_\_\_\_

**Parent Email** \_\_\_\_\_

Address \_\_\_\_\_

City & Zip \_\_\_\_\_

Cell Phone \_\_\_\_\_

Knowingly and at my own risk, I hereby agree to run the Hilltoppers' training program and agree to release any claims for damages or injuries that may incur as a result of my participation against Will Reingardt, Bryan Rutledge, Scott Gall, their families or any other volunteers assisting with the program, The Runner's Flat and it's Run Club and employees. I further hereby certify that I have full knowledge of the risks involved with running and am physically fit and in sufficient condition to participate.

Participant Signature \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature if under 18 \_\_\_\_\_ Date: \_\_\_\_\_

Refund Policy: If you choose to drop out within the first week of training a full refund will be returned. After the first week no refunds will be given.

Scholarships are always available for those in a position of need.

Please email Scott Gall for consideration at [scott@therunnersflat.com](mailto:scott@therunnersflat.com)