

Distance Running Clinic

Sponsored by the Ripon Noon Kiwanis Club

Tuesday, July 5 – Friday, July 8, 6 to 8 p.m.

Elizabeth Murray Park, Ripon, Wisconsin

Clinic fee includes entry in the Doug Lyke 5K Twilight Run on Saturday, August 13.

Who is This Camp For?

Anyone looking to remain or become physically fit. Past attendees have been distance runners, volleyball players, tennis players, sprinters, and students that didn't participate in athletics.

Clinic Topics:

Nutrition Topics will include daily requirements for distance runners, what and when to eat before racing or training, and how to remain hydrated.

Stretching Routines, techniques, and the importance of stretching will be discussed and demonstrated at all of the sessions.

Running Technique Demonstrations of proper running form, and suggestions for improvement, will be given to the group and individuals during each day of the clinic.

Motivation How can I become a better athlete using positive mental attitude and mental preparedness? Clinic staff will lead discussion on what has worked for athletes in the past and look to clinic participants for input.

Equipment Required Coach Willett and Coach Gatzke will provide direction on what shoes and clothing are needed for all types of weather conditions, training, and racing.

Clinic Coaches:

Chris Gatzke has been coaching cross country at Ripon High School for 19 years, where he has coached many conference champs and a state runner-up boy's team.

Matt Willett has been a cross country coach at Berlin High School for 14 years. He has coached a state runner-up girl's team and the 2008 girl's individual state champ.

Other Info:

Fees \$30 if registered by July 1; \$35 the week of the clinic. Registration fee includes clinic t-shirt and entry in the August 13 Doug Lyke 5k Twilight Run.

Registration Please fill out registration form on the back or register online at www.riponnoonkiwanis.org/roadruns.html.

Web Page www.riponnoonkiwanis.org/roadruns.html

Distance Running Clinic Registration

Deadline for pre-registration is July 1, 2011. Register at the clinic after July 1.

Mail completed registration form, with entry fee, to Ripon Noon Kiwanis Club, PO Box 504, Ripon WI 54971

Call Coach Gatzke at (920) 748-7138 or email riponcc@charter.net if you have any questions about the distance running clinic or the road run.

Please Print

Name _____

Address _____

Phone () _____ Email _____

Age _____ Birth Date _____ Gender M F

Will you run in the 5k run on Saturday, August 13 at 8:00 p.m.? Yes No

Shirt Size Xtra Large Large Medium Small

Fee (enclosed) \$30 (through July 1) \$35 (after July 1)

(Name) _____ agrees to indemnify and save harmless the City of Ripon and all sponsors against any and all actions, claims, and damages whatsoever that may result from or arise out of (name's) _____

participation in the distance running clinic and/or road race sponsored by the aforementioned city, and other sponsors the week of July 5 – 8, 2011 and/or August 13, 2011. I attest and verify that I am physically fit to complete this distance running clinic and this road run.

Signed _____

(Parent must sign if participant is under 18 years old)

2011 Ripon Noon Kiwanis Club Road Runs

Doug Lyke 5K Sunrise Run

Saturday, June 18 ★ 7:30 a.m. ★ Registration until 7 a.m.
USATF Certified 5k run starting at the Village Green

Doug Lyke 5K Twilight Run

Saturday, August 13 ★ 8:00 p.m. ★ Registration until 7:45 p.m.
USATF Certified 5k run starting at the Village Green

www.riponnoonkiwanis.org/roadruns.html