



# JULY 8<sup>TH</sup> – JULY 12<sup>TH</sup> 7:30 AM - NOON

Ketterlinus Elementary  
67 Orange Street, St. Augustine, FL 32084

## Coach Kevin Gamble is leading camp!

Head Track and Field Coach  
Pedro Menendez High School and Gamble Rogers Middle School

### Topics

- ✎ Run safety; Nutrition; Conditioning;
- ✎ Yoga; Flexibility; Stress relief;
- ✎ Track work; Running in middle and high school;
- ✎ Injury prevention and recovery; and,
- ✎ Friday race prep for the Bridge of Lions 5k on July 13, 2019.

[www.ancientcityroadrunners.org/running-camp.html](http://www.ancientcityroadrunners.org/running-camp.html)



## 2019 Ancient City Road Runners Camp

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- ✓ For St. Johns County 7<sup>th</sup> – 12<sup>th</sup> graders who can run 3 miles.
- ✓ Cost is \$75.00.
- ✓ Scholarships can be requested.
- ✓ Registration includes a Bridge of Lions 5k entry & a running singlet.
- ✓ 25 spots.

ACRR  
P.O. Box 4111  
St. Augustine, FL 32085

ACRR Contact:  
Jamin Rubenstein  
(904) 501-2292 or  
[campdirector@ancientcityroadrunners.org](mailto:campdirector@ancientcityroadrunners.org)