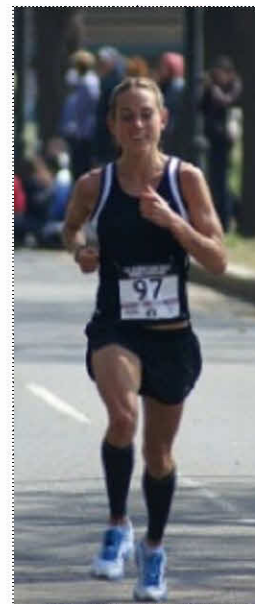




**Summer Running Camp  
(Rising 7<sup>th</sup> – 12<sup>th</sup> Graders)  
July 20-24, 2009  
McAlpine Park, Charlotte  
9-12pm**

*The UpGrade Lifestyle Running Camp is a challenging, fun and rewarding camp for running development*

- Different, challenging running workouts
- Healthy sports nutrition
- Specific strength training for runners
- Advanced stretching techniques
- Unique running drills
- Practice Proper technique
- Enhance mental fitness
- Learn new racing strategies
- Overcoming Obstacles



**Kelly Fillnow (904) 465 - 2197**  
**Kelly@upgradelifestyleinc.com**  
 PRs: 5:00 mile, 17:17 5k, 1:19 half marathon, 2:57 marathon  
 - Certified Personal Trainer, Life Coach, Sports Nutritionist,  
 EZ8 Running Coach, B.A.  
 - Former Davidson College and Duke University cross  
 country/track and field athlete  
 - 10 time All Conference Nominee at Davidson &  
 All Region at Duke University  
 - Competed for Duke University's 2005 team ranked #1 in the nation  
 - First American Female, first in age group, and 8th female finisher  
 in 2009 Jacksonville Breast Cancer marathon!

**Megan Hepp (802) 343 - 1185**  
**Megan@upgradelifestyleinc.com**  
 PRs: 4:59 mile, 16:56 5k, 1:18 half marathon, 2:37 marathon  
 - Certified Personal Fitness Trainer, Registered  
 Dietitian, B.S.  
 - Former University of New Hampshire cross  
 country/track and field athlete  
 - Four time American East champion, All-Northeast  
 Region, All-American  
 - Qualified for the Olympic trials in 2nd marathon  
 - 12th place finish at 2008 US Olympic Trials, clocking  
 a 2:37:29 finish, becoming youngest American to  
 cross the finish line!

**Energized by  
 Kelly Fillnow & Megan Hepp  
 VISIT US AT [www.upgradelifestyleinc.com](http://www.upgradelifestyleinc.com)**

**Registration Form**

Name \_\_\_\_\_ Date of Birth/Age \_\_\_\_\_  
 Address \_\_\_\_\_  
 Phone \_\_\_\_\_  
 Email \_\_\_\_\_  
 Emergency Contact \_\_\_\_\_  
 Running Experience \_\_\_\_\_

**Payment**

Early registration by March 31st - \$120; Registration (April 1st – July 17th) - \$135  
 Sibling discounts available – contact us for more information

- Check (made payable to **UpGrade Lifestyle**)
- Credit Card (Visa MasterCard AMEX Discover)

Name on Card \_\_\_\_\_  
 Card Number \_\_\_\_\_ Exp Date \_\_\_\_\_  
 Signature \_\_\_\_\_

Send completed form via email to [kelly@upgradelifestyleinc.com](mailto:kelly@upgradelifestyleinc.com) or mail to: **UpGrade Lifestyle, PO Box 1632, Huntersville, NC 28070** - Please read and initial waiver and release form below in order to participate in camp.

*The participant must submit a health history form and questionnaire prior to the start of the camp. The participant is aware that the coaching relationship is not psychological counseling or any kind of therapy. Coaching does not treat illness or pathology. The participant is also aware that coaching results cannot be guaranteed. The participant agrees that he/she is entering into coaching understanding that the participant is responsible for their own decisions and results. The participant also agrees to hold the coach free from all liability for any actions or results for adverse situations created as a direct or indirect result of a physical activity given by the coach. \_\_\_\_\_ Participant/Guardian Initials*