



**RUN LIKE
A GIRL**

SPACE COAST RUNNERS 10-WEEK RUN LIKE A GIRL TRAINING CAMP



WHEN:

April 30 - July 4, 2025

Wednesdays at 6pm in the Viera area

Sundays at 6:30am throughout central Brevard



WHAT:

Women specific 10-week training program delivered via Final Surge with Coaching by Theresa Miller & Head SCR Coach Kaitlin

WHY:

To meet other female runners, have fun and learn while being accountable with the best cheerleader



GOAL RACE:

Firecracker 5K
on July 4, 2025*

**You do not have to register for the race to be part of camp*



YOU belong here.

Scan QR code to view online registration.



2025 SCR Summer Run Like A Girl 10-Week Training Camp

April 30 - July 4, 2025

with Coaches Theresa Miller & Kaitlin Donner

newwave
PHYSICAL THERAPY &
SPORTS REHABILITATION



Select Registration Option

- _____ 10 Week Run Like A Girl Training Camp - \$140
- _____ 10 Week Run Like A Girl Training Camp: Non-Member - \$165
- _____ 10 Week Run Like A Girl Training Camp + Strength Sessions: \$240
- _____ 10 Week Run Like A Girl Training Camp + Strength Training: Non-Member - \$265
- _____ 10 Week Run Like A Girl Training Camp: Virtual - \$130

Early registration ends 04/20/25. Add \$25 to each option if registering after this date. Checks made payable to: Space Coast Runners.

Name: _____

Address: _____

City: _____ **State:** _____ **Zip:** _____

Phone: (____) _____ **DOB:** ____/____/____ **Age:** _____

Email: _____

Emergency Contact: _____ **Phone:** _____

Do You Prefer Shirt or Tank? _____ **Women Shirt Size (circle):** XS S M L XL 2XL 3XL

What distance will you be training for?

5K 10K OTHER List other distance: _____

What is your goal time for your race? _____

What is your current weekly mileage? _____

Are you a runner or a run/walker? _____

Anything else to share with Coach? _____

Participation Waiver: I know that running and volunteering to work in club training camps and races are potentially hazardous activities. I should not enter and participate unless I am medically able and properly trained. I agree to abide by any decision of Space Coast Runners or New Wave Physical Therapy & Sports Rehabilitation relative to my ability to safely complete the run and/or training camp. I assume all risks associated with running in SCR training camps and races including, but not limited to: falls, contact with other participants, the effects of the weather, including heat and/or humidity, traffic and the conditions of the road, such as risks being known and appreciated by me. I further agree to abide by the Center for Disease Control's (CDC) recommendations for the prevention of the spread of the 2019 Novel Coronavirus Disease (COVID-19) and other communicable diseases, and I attest to having read the CDC's guidance at: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>. I assume all such risks being known, appreciated, and accepted by me. Having read this waiver and knowing these facts, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, Space Coast Runners, Inc., New Wave Physical Therapy & Sports Rehabilitation, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in club and training camp activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature: _____ **Date:** _____