

...It's BACK!!!!

2022 Summer Tahoe Running Camp!

(updated 1/14/22; corrected typo on day of the week)

Sunday, July 31st – Friday, August 5th

...Freshmen, don't miss this event!



Cost: \$200 per person (checks payable to Greg Fogg mail checks to 4525 Ranchette Road, Santa Rosa, CA 95409) Camp Alumni only \$120 or \$20/day!

Logistics: Start packing at MCHS on 7/31/22 at 8:45AM, leave 10AM, spend 5 days/5 nights at Zephyr Cove Campground, leave camp early AM on 8/5/22, return to MCHS ~2-2:30PM

Space is limited to first 75 runners + 15 Camp Alumni to turn in their camp fees and Medical Consent Form!

2022 INCOMING HIGH SCHOOL FRESHMEN DO NOT NEED TO PASS THE ANNADEL 9.1 MILE RUN, THEY JUST NEED TO DEMONSTRATE REASONABLE FITNESS! ...But everyone else attending camp must complete the Annadel 9.1 mile run in 2 hrs. 10 minutes (~14:00/mile pace) or faster as a time trial prior to camp during the summer!

Mandatory Pre-Camp Meeting Friday, Jul 29th, 2022 6-7:30PM (4525 Ranchette Road, Santa Rosa, CA 95409)



RSVP via e-mail greg.fogg@comcast.net or call/text Greg Fogg at (707) 291-2967

Camp Info updates will be posted on the MCHS XC/Track team website www.mariacarrillorun.com

2022 Tahoe Running Camp Name: _____

INDEMNITY AND HOLD HARMLESS AGREEMENT / MEDICAL CONSENT FORM

The student, or parent/guardian of student has voluntarily agreed to participate in athletic activities, including but not limited to, a running training camp. The student participant, their parent, or guardians have voluntarily agreed to participate in a rigorous physical activity in the outdoors which subject them to the elements, wildlife, and the extremes of physical challenge.

INDEMNITY AND HOLD HARMLESS: The RELEASORS (Student/Parent/Guardian and/or participant) to the fullest extent permitted by law, shall indemnify and hold harmless GREG FOGG, Heart and Sole Sports, Santa Rosa, LLC., Maria Carrillo High School, Rincon Valley School District, their Owners, Agents, and their employees (hereafter referred to as "RELEASEES " from and against any and all claims, damages, losses and expenses, including but not limited to attorneys' fees, arising out of or resulting from "RELEASEES" actions, or failure to act, provided that such claim, damage, loss or expense is attributable to bodily injury, sickness, disease or death, or to injury to or destruction of tangible property but only to the extent caused by the negligent acts or omissions of the "RELEASEES", a Sub-contractor, anyone directly or indirectly employed by them or anyone for whose acts they may be liable, regardless of whether or not such claim, damage, loss or expense is caused in part by a party indemnified hereunder. RELEASORS further agrees to indemnify RELEASEES for any costs of defense, including attorney fees and court costs, incurred by OWNER, or the officers and employees of OWNER, for any act, or failure to act, arising out of their role as Manager for Owners pursuant to this agreement, or any action brought by RELEASEE to enforce this agreement against RELEASOR. Such obligation shall not be construed to negate, abridge, or reduce other rights or obligations of indemnity which would otherwise exist as to the RELEASOR, RELEASOR's agent, their agents or employees.

SUBROGATION: To the maximum extent permitted by insurance policies which may be owned by the RELEASOR, RELEASOR waives any and all rights of subrogation which might otherwise exist against RELEASEE, their agents, subsidiaries and employees.

NO ORAL MODIFICATION: This agreement may not be modified by oral agreement. Any modifications to this agreement shall be in writing and signed by all parties to this agreement.

CONSENT FOR MEDICAL TREATMENT: AS THE PARENT, AGENCY REPRESENTATIVE OR LEGAL GUARDIAN, I HEREBY GIVE CONSENT TO GREG FOGG OR OTHER CAMP STAFF WHOM GREG FOGG DESIGNATES TO PROVIDE ALL EMERGENCY DENTAL OR MEDICAL CARE PRESCRIBED BY A DULY LICENSED PHYSICIAN (M.D.) OR DENTIST (D.D.S.) FOR _____. THIS CARE MAY BE GIVEN UNDER WHATEVER CONDITIONS ARE NECESSARY TO PRESERVE THE LIFE, LIMB OR WELL BEING OF MY DEPENDENT. I/WE HAVE CAREFULLY READ THE TERMS OF THIS AGREEMENT AND FULLY UNDERSTAND THEIR CONTENTS. I/WE ARE AWARE THAT THIS IS A RELEASE OF LIABILITY AND ON BEHALF OF MYSELF, MY/OUR CHILD, I HEREBY VOLUNTARILY SIGN IT OF MY OWN FREE WILL

Date: _____ **Parent/Guardian Signature:** _____

Releasors Name: _____ **DOB:** _____ **Cell Phone:** _____

Releasors (Parent/Guardian #1) Name: _____ **Cell Phone:** _____

Releasors (Parent/Guardian #2) Name: _____ **Cell Phone:** _____

Releasors Insurance Carrier _____ **Policy#:** _____

Medical Conditions or Restrictions: _____

Medications taken on a regular basis: _____
