Cool Runners Fitness Camp returns to Sea Girt

Registration is now open for the Cool Runners Fitness Camp for those entering kindergarten through 8th grade. In partnership with Sea Girt Recreation, Cool Runners Fitness Camp is designed to provide a fun, positive environment for all campers while developing fitness, self-respect and healthy lifestyles through running. This camp is offered by Robert Cavanaugh, director of RTC Training and leads up to the Sea Girt 5k and kids races.

Robert Cavanaugh – Camp Director

Robert attended Red Bank Catholic where he broke records on the track and soccer field and upon graduating earned All County, All Shore, and All State honors. He continued on at Division 1 Monmouth University where he excelled on the track and soccer teams and earned all East Honors for track.

Robert is a 5-time and reigning champion of the Sea Girt 5k and in 2013, won the Michael Thorne 4 mile, Monmouth Beach 3M, Little Silver 5k and took 3rd in the Spring Lake 5M.

Robert currently resides in West Long Branch and is married with 3 children. He has coached and trained hundreds of children for the past 13 years.

Camp Information

Dates - The following Wednesdays July 2, July 9, 16, 23, 30
Time - 5:30 - 7:00 p.m.
Sea Girt Elementary School
451 Bell Place, Sea Girt, 08750
Cost - $105 (nonrefundable)

Camp Highlights:
- Make running fun
- Focus on proper technique
- Specific training programs for every skill level
- Fitness Games and Races
- Camp t-shirt

For more information, visit us online at www.RTC-Training.com, call 732-406-4454, or e-mail rob@rtc-training.com.

Cool Runners Fitness Camp in Sea Girt

Registration Form

Mail: (checks payable to Sea Girt Recreation) Cost - $105
321 Baltimore Boulevard
P.O. Box 296
Sea Girt, NJ 08750

Waiver/Release: In consideration of your accepting my or my child’s entry, I hereby certify that I and/or my child/children are physically able to compete in this event/program. I waive and release any claims I may have against the event organizers, and any representatives/employees/counselors involved in RTC Training’s Cool Runners Fitness Camp for any and all injuries suffered. I certify that I and/or my child is physically able to compete in this event and has no limitations that will prevent him/her from doing so.

Child’s First Name ___________________________ Last Name ___________________________ Grade Level Entering ______
City: ___________________________________________ State: __________________________ Zip: _____________
Phone: ___________________________________________ E-mail: __________________________

Parent/Guardian Signature ___________________________________________ Date: __________________________