

**Medical Form**  
**2017 Rocky Mt. Cross Country Running Camp**  
**YMCA of the Rockies**  
**Estes Park, Colorado**

The 2017 Rocky Mountain Cross Country Training Camp will take place at the YMCA of the Rockies in Estes Park, CO. Coach Jim Smith, director. Phone 508 250 8311. Mailing Address—4 Merriam Av. Shrewsbury, MA 01545.

Runner's name \_\_\_\_\_ Address \_\_\_\_\_

Parent's names \_\_\_\_\_ Address (if different) \_\_\_\_\_

Parent's email address \_\_\_\_\_

Person to contact in case of emergency? \_\_\_\_\_ Phone # \_\_\_\_\_

Medical Insurance Name \_\_\_\_\_ Address \_\_\_\_\_

Medical Insurance Policy # \_\_\_\_\_ Their phone # \_\_\_\_\_

Family doctor's name \_\_\_\_\_ Phone # \_\_\_\_\_

Any special medical or physical issues we need to be aware of? \_\_\_\_\_ Please explain \_\_\_\_\_

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Any allergies (food or animals, medicine, etc?) \_\_\_\_\_ Do you take any  
medications? \_\_\_\_\_ (List below)

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At camp, some of the veteran boys/runners **may be running** up to 60-70 miles during the week—most run about 45-50 including several morning runs; some of the veteran girls may be running 30-40 miles at camp while others may run 25-30. Some workouts will be optional so you may run considerably fewer miles. However, it is recommended that everyone be running about 25-50 in the weeks leading up to camp. Training runs at camp will be in groups based on one's ability, conditioning, and experience.

Please attach a copy of a recent physical examination given within the school year, 2016-17 but not before August 2016. Physicals scheduled after the current date may be submitted up to the beginning of camp.