



In partnership with
Sea Girt Recreation



RTC Training's Cool Runners Fitness Camp

Kids Running Camp Information

Open to kids in Kindergarten - 8th grade

Dates - The following Wednesday's
July 10, 17, 24, 31, Aug. 7, 14

Time - 6:00 - 7:00 p.m.

Location - Sea Girt Elementary
School

Cost - \$105 (registration limited)

Camp Highlights:

- Make running fun
- Focus on proper technique
- Fitness games
- 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.

RTC Training's Kids Running Camp

Returns to Sea Girt

Registration is open for the Cool Runners Fitness Camp for those in 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.

Robert Cavanaugh (RRCA Certified Coach)

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 currently resides in West Long Branch and is married with 3 children. He has coached and trained hundreds of children for the past 19 years. To register online, visit www.RTC-Training.com.

To Register, visit www.RTC-Training.com
and Click on Running Camps