



**The Camp will take
place rain or shine!**

**Monday, July 28–
Thursday, July 31
2025**

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WHAT:

9th Annual Cross Country

Camp

(All proceeds benefit Hartford CC teams)

WHERE:

At the concession stand behind Hartford

Union High School

805 Cedar Street, Hartford

WHEN:

Monday, July 28 – Thursday, July 31

6:00 PM—8:00 PM

SCHEDULE:

On site registration allowed

WHO:

Anyone who enjoys running and is
interested in Cross Country

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WHY:

Learn:

- Proper Warm up Drills
- Proper Training with specific goals of each workout
- Proper Stretching
- Nutrition
- Race prep
- Teamwork

Cost: \$20 advanced or day of registration.
Make checks payable to HUHS

**On site registration will be accepted with
parent or guardian present**

Registration: Complete all information and
mail to
Hartford Union High School
805 Cedar Street Hartford, WI 53027
Attn: Paul Horanoff

Required equipment:

Running Shoes, Shorts, Shirt, sport drink or
Plenty of water. Chocolate milk will be
Provided after class

The Camp will be run by the HUHS Cross
Country coaches and former Cross Country
Athletes

Questions? Contact:

Paul Horanoff 262-227-0410

Paul.horanoff@huhs.org



9th Annual Cross Country Camp July 28—July 31 2025



REGISTRATION

Name: _____

Address: _____

Phone: _____

Email: _____

Age Group: (circle)

5th 6th 7th 8th High School

Feeder School: _____

Gender: M F

All registrants are required to sign the following release. Parents or guardians must sign for minors. I the undersigned do hereby agree; or agree for the above named registrants for whom I am a parent or guardian, to participate in the activity indicated and am aware of and understand that there may be and hazards inherent with participation in this activity. I affirm that I, or the minor registered for this activity, am doing as a voluntary participant. In consideration of my participation or participation of the minor I do hereby agree to release, waive, absolve, indemnity on behalf of myself or my minor, my/his/her/family. My/his/her heirs and my/his/her assigns Hartford Union High School, its employees, officers, agents and sponsors from liability for injury, death or loss suffered by me or the minor in any and all resent and future claims, liabilities, damages or right of action directly or indirectly resulting out of participation in the activity, using the facilities, or engaging in any activities incidental thereto during the duration of the scheduled program, which result from the ordinary negligence of Hartford Union High School, its employees, officers, agents and sponsors. Hartford Union High School does not provide accident insurance to participants in recreational activities and I assume full responsibility for any and all injuries of damages which my occur to me while participating. I grant permission for all free use of my name, motion picture, videos and any other record of this event. MEDICAL EMERGENCY RELEASE WAIVER FOR MINORS: in the event of a medical emergency, I authorize Hartford Union High School and its staff to obtain medical treatment of my son/daughter or minor for which I am guardian.

Signature: _____

Date: _____

Parent Signature (if under 18):

**Hartford High School
Attn: Paul Horanoff
805 Cedar St.
Hartford, WI 53027**