

**CAMP LOKANDA  
GLEN SPEY, NEW YORK  
23rd Year**

**CAMP LOKANDA IS LOCATED 13 MILES NORTHWEST OF PORT JERVIS, NEW YORK.**

**CAMP FEATURES:**                   **TWO COMPULSORY RUNS PER DAY  
OLYMPIC SIZE POOL (CROSS TRAINING)  
VOLLEYBALL, SOFTBALL, TENNIS, ETC.  
COACHES ARE WELCOMED TO ATTEND**

**All runners are expected to run twice a day, unless injured. The runners will be grouped by ability, unless a team prefers to run together. Shorter runs will be provided for those that are just getting into shape or are new to the sport of cross-country.**

**Supervision:**   **Certified professional Cross Country coaches will supervise your child at camp.**

**Guest Speakers – Talent Show – Softball – Volleyball – and lots of Running**

**CAMP DATES:** **Tuesday, AUGUST 18, 2009 - Sunday, AUGUST 23, 2009**

**COST:** **\$360.00**           **(All payments are refundable up to August 10, 2009)**

**A two hundred dollar deposit is due by Thursday July 9, 2009.  
The balance is payable on or before Monday, August 3, 2009.**

**Make checks payable to:**       **TONY TORO  
PO BOX 427  
MILLER PLACE NY, 11764**

**FURTHER INFORMATION:**   **TONY TORO (928 - 0991)   eltoroff@optonline.net**

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**DIRECTIONS, CLOTHING LISTS, ARRIVAL AND DEPARTURE TIMES WILL BE SENT ONCE APPLICATION IS RECEIVED.**

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**2009 REGISTRATION APPLICATION  
TUESDAY, AUGUST 18 - SUNDAY, AUGUST 23, 2009**

**NAME** \_\_\_\_\_ **ADDRESS** \_\_\_\_\_

**CITY** \_\_\_\_\_ **STATE** \_\_\_\_\_ **ZIP** \_\_\_\_\_ **TELEPHONE** \_\_\_\_\_

**GRADE** \_\_\_\_\_ **SHIRT SIZE**   **S**   **M**   **L**   **XL**

**SCHOOL** \_\_\_\_\_ **COACH'S NAME** \_\_\_\_\_

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**A full time nurse will be on staff 24 hours a day**

**Medical release forms will be sent once we receive your application**

**Charter bus information will also be sent once we receive your application**

**Call for further information:**