



ALL-INCLUSIVE WEEKEND

Labyrinth ~ Yoga ~ Nia
Healthy Meals ~ Piloxing
Crafts ~ Wellness ~ Thai Massage
Pilates ~ Mountain Bike Rides
Triathlon Training ~ Relaxing
Breathwork ~ Water Skiing
Horseback Rides
Hiking ~ Kayaking ~ Sexy Flex Yoga
Ropes Courses ~ Massage
Water Aerobics
Swimming ~ Campfires ~ Live Music
Guided Hike ~ Winery Tour
Boating and more!

Camp Manitowa's Women's Weekend 3 – a weekend getaway in the great outdoors with the phenomenal women in your life and many more you're about to meet – has something for everyone. You and your friends can enjoy a relaxing weekend away in the serene setting of Rend Lake, hiking, kayaking, climbing, boating, waterskiing and participating in all the activities that Camp Manitowa facilities offer. Throughout the weekend you'll have countless activity options, including yoga and pilates classes, Nia, water aerobics, crafts, an area winery tour, a guided hike, and even horseback riding and a massage (horseback rides and massages are extra). You may wish to join the triathletes who are training for the final triathlon of the season at Rend Lake, with a full-course weekend proctored by 12-time Ironman, Sally Drake. You may choose to relax, learn how to improve your intimate life with Dianna Lucas' signature Sexy Flex yoga, or just catch up on your reading and pontoon on Rend Lake. Whatever your definition of a weekend getaway, the Women's Weekend 3 schedule has something for you.

Accommodations and weekend activities will be offered at Camp Manitowa, a new, fully-equipped summer camp and retreat facility nestled between Lake Hamilton and Rend Lake in southern Illinois. Lodging will be in the Camp's signature circular yurts. Healthy, homemade meals with a camp / comfort food twist will be provided by our retreat chef, with a vegetarian option available at each meal (Friday dinner, Saturday breakfast, lunch and dinner, and Sunday breakfast and lunch). New for Women's Weekend 3, locally-grown, organic salads will be available at both dinners. At night campers will be treated to camp fires, music and socializing. Some daytime camp facility activities include a low and high ropes course (the high ropes course and zip line is a 1½ hour commitment and must begin precisely at the scheduled time), kayaking, hiking, crafting a stepping stone for our labyrinth, and swimming in the pool. Camp options are available at any time throughout the day, with the exception of the high ropes course and access to the pool. High ropes climbers must begin at the six different precise start times listed in the schedule, as there is instruction required. The pool will be used for water aerobics/lap swimming classes a few times during the retreat weekend. Saturday evening's program includes drawings for all sorts of great prizes and live music around a camp fire.

CAMP MANITOWA BUNKING FACILITIES

YURTS -- Yurts are elevated, large circular structures with a little more than 700 square feet of living space. Camp Manitowa has 10 yurts. Each yurt is equipped with windows, a retractable dome, ceiling fan, beds, storage, electricity and wood floors. Yurts comfortably hold 12 adults, so make plans now to get a group together and reserve your yurt for the weekend. Yurt residents use bathrooms in a central shower house. The restrooms offer electricity, hot showers and mirrors. *All-inclusive rates for the weekend include yurt accommodations.*

DORMS -- A limited number of air conditioned dorm rooms are also offered for a slight up-charge (\$75 more). Dorm rooms include access to shared bathrooms (2 bathrooms per 4 dorms).

HOTEL -- Hotel rooms can also be reserved at the Rend Lake Resort approximately 5 miles from Camp Manitowa. Please see [Rend Lake Resort](#) for Rates.

SEMINARS

BREATHE, BELIEVE, BALANCE. 7-8PM FRIDAY

~ by Tami Eggleston, PhD ([Sports Psychology YouTube of Tami](#))

We will be engaged, learn something new, have fun, and leave motivated to do more, as Tami inspires us with the positive aspects of Sports Psychology, such as success, optimism, confidence, and goal-setting in her one hour presentation. Breathe ~ Believe ~ Balance will equip its attendants with the tools to enhance their performance in races, in strengthening, in health, in work and in life.

DEHYDRATING. 10-11AM SATURDAY

~ by Jill Duncan, LMT

Learn how to use your oven at low temperatures, a dehydrator, or even the sun to create healthy snacks from meats, and raw fruits and vegetables. Jill will show you how easy it is to dehydrate. Manufacturers of dried meats and fruits douse their products with preservatives, artificial colors, and flavors. Even instant oatmeals slip you fake strawberries and blueberries with the magic of Red 40 and Blue 2. Free yourself from chemically engineered food by dehydrating your own from Mother Nature.

LABYRINTH



We are each on our own life's path, shaping our story into a magnificent tale of triumph, healing, courage, wisdom, power, dignity, and love. The labyrinth is a model of that path. Join us in unveiling the Camp Manitowa classical labyrinth at W³. People walk labyrinths for many reasons. Some do it to relax, some as a walking meditation, some just for fun. There are benefits to walking a labyrinth, and

many will walk ours. As our craft project at this retreat, we will be creating mosaic stepping stones and painted stones for the labyrinth.

WOMEN'S WEEKEND 3 SCHEDULE

Women's Weekend 3 provides you a balanced program with plenty of recreation opportunities and free time. This schedule is subject to change without notice. Check back often for updates.



Women's Weekend 3 Activities (\$200)



Triathlon Training Camp Activities (\$250 for all)



Combined Activities

Time	Scheduled Activities (\$200)				Triathlon Training Schedule (\$250)	
FRIDAY, SEPTEMBER 9 ~ ARRIVAL DAY (ANYTIME BETWEEN NOON AND 8PM)						
Noon					Arrive and Settle In	
2:00 p					Easy run from Camp Manitowa	
3:30 p					Yoga / Pilates or Optional Camp Activities, including: ropes course, kayaking, nature hike, pool, beach at Tri / Yoga Gear	
4:00p					Boutique** Opens – Exclusives from Swim. Bike. Run. Tri. Store	
5:00p	Women's Weekend 3 guests arriving 5p-8p and settling in	OPENING CEREMONIES with 45 min Basic Yoga with Dianna				
6:00p		Welcome Dinner				
7:00p		Breathe, Believe, Balance Presentation by Tami Eggleston, Sports Psychologist				
8:00p		Camp Fire with Team Building Activities				
SATURDAY, SEPTEMBER 10						
6:30 - 9:00a	Hot Breakfast: 6:30a – 9:00a					
7:00a				Shuttle for guided hike by Trina at Wayne Fitzgerald State Park leaves Camp at 7a and returns at 8:45a.	Choice of Stretch or Transition Prep Tips	
8:00a	Group road Bike Ride for the non-triathlete, meet at front gate	free time	Intermediate Yoga with Jan			
8:30a		8:30a Ropes Course Session				
9:00a	Shuttle to Rend Lake for Pontoon Cruise or Water Skiing / Tubing trip. Leaves from in front of dining hall at 9a, returns to CM at 11:45a		Piloxing w/ Kim	Core class w Dianna	Nia with Robin	
10:00a		10:00a Ropes Course Session	45m Water Groove w KC	cardio camp w Reann	group mountain bike trail ride	Food Dehydrating with Jill
11:00a		free time	45 min mat pilates w / Karen	Breathwork w / Mary	Yoga with Sheila	SAG supported ride from Camp Manitowa
noon	Healthy Lunch: noon – 1:00p					

Time	Scheduled Activities (\$200)					Triathlon Training Schedule (\$250)
1:00p	Free Time	Kayak Races at Hamilton Lake	Nia with Robin	Wine Tasting at Pheasant Hollow Winery: 4 mi. away (15 passenger shuttle leaves for Pheasant Hollow at 1p and leaves Pheasant Hollow for Camp Manitowa at 3:00p, arriving at CM by 3:30)	Piloxing w/ Kim	Bike Maintenance 101
1:30p	1:30 Ropes Course Session	Flirty Girl Dance w KC	Labyrinth Activity ~ create path stone, plant grasses along path		Horseback Riding 2-3	Open Swim Workout or Optional Open Time Activities: Kayaks, High Ropes Course, Water Sports, Massage* Tri /Yoga Gear Boutique** Opens
2:00p					Breathwork w/ Mary	
2:30p	3p Ropes Course Session	Thai Massage with Jill (practiced in pairs, 2 hrs)	Sexy Flex Yoga w Dianna	Horseback Riding 4-5 (shuttle to leaves at 3:30/ returns at 5p)	Intro to Yoga with Jan	lap swimming / drag training in pool
3:00p						
3:30p						
4:00p	4:30 Ropes Course Session	Labyrinths and Your Path Seminar				
4:30p						
5:00p		Healthy Dinner with Prize Drawings 6:00 - 7:30 Drawing for Prizes (including restaurant gift certificates, training certificates, etc) by WW3 Facilitators				
5:30						
6:00p						
6:30p						
7:00p						
7:30p						
8:00p						
8:30p						
SUNDAY, SEPTEMBER 11 ~ CHECK OUT AT 2PM						
6:30 – 9:00a	Hot Breakfast 6:30a-9:00a Stationery distributed for writing letters to ourselves about this weekend.					
8:00a	Low Ropes Team-Building Hike w Dianna	Zumba with KC	finish up stepping stone for labyrinth or to take home		Option #1: Putting it All Together: Timed Sprint Triathlon – Rend Lake (will follow “Last Try” Triathlon course) – Fully supported with SAG and aid stations Option #2: Long Ride – “Last Try” 1/2 Ironman Course (shorter options available) Option #3: Long Run – Rend Lake Bike Path Option #4: Long Swim – Rend Lake- Includes lifeguards / kayak support	
9:00a	Labyrinth Activity ~ create path stone, plant grasses along path	Piloxing w Kim	45 min mat pilates with Karen	yoga		
10:00a		Nia with Robin	10am Ropes Course	Yoga with Sheila	Intermediate Yoga with Jan	
11:00a	Walk the Labyrinth. Spiritual Journey. Write your letter at it's center	class coming soon		Water Groove in pool		
11:30a						
noon	Lunch / Goodbyes / Turn in Letter to yourself about your time at W3 Sign Up for Oct Rend Lake Triathlon Weekend (special discounts offered for all Women’s Weekend 2 participants)					
2:00p	Women’s Weekend 3 Officially Ends ~ Check out of Yurts & grounds					

*Massage: Massages available for extra fees. Fees paid directly to the massage therapist.

SWIM BIKE RUN TRIATHLON TRAINING CAMP



12-Time Ironman finisher Sally Drake and a team of professional triathlon coaches and wellness instructors will guide you through open water swims, cycling on challenging country roads, and scenic runs. The weekend will also include strength and endurance training, stretching, yoga, massages, nutrition education, race day strategy tips, SAG/ mechanical support for all rides and a preview of the newest triathlete/yoga gear with special discounts. Sunday includes an optional “race day” simulated sprint triathlon to test your skills.

Use the weekend to prepare for your 2011 race season, meet new friends and train on the course for the fantastic Last Try Triathlon that takes place at Rend Lake Sunday, October 2.

Swim Bike Run Boutique: Open for business throughout the weekend. Selling a variety of the newest triathlete gear along with yoga mats, straps, blocks and blankets.

OUR EXPERT CREW



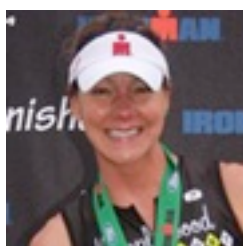
ROBIN BACH

A certified Nia Black Belt Teacher, ACE Certified Personal Trainer, and TRE Practitioner, Robin found the Nia Technique in 2000 after 20 years teaching fitness. As a student in her first Nia class, a memory surfaced from her infancy. Moved by this powerful experience, Robin learned the power of the body and its ability to hold onto unprocessed experiences and emotions. The holistic paradigm of fitness became a new way of approaching wellness for her personally and as a fitness professional.



REBECCA BROWN

Rebecca Brown is a Camp Manitowa Co-Owner, 2-time Ironman finisher, 15+ marathons including Boston and NYC. Rebecca is passionate about helping others find a balance between reaching personal athletic goals without sacrificing other professional and personal responsibilities. Mad Dogg Spinning certified and generally happy to have two kids and still be hanging in the middle of the pack she relishes the opportunity to open up her family camp for a weekend of sweaty camaraderie and friendship.



SALLY DRAKE

Sally Drake, a 12-time Ironman is a triathlon coach and Regional Manager for TrainingBible Coaching. She enjoys coaching triathletes, cyclists and runners of all levels from newbie to pro, with a passion for helping them achieve or exceed their goals. Sally also believes in guiding athletes to find balance in training and family life and customizes her clients' training schedules as needed to find this balance. Specialties include Iron and Half-Iron distance triathlon, nutrition and functional strength. Certifications: USAT Level II Triathlon Coach, AFAA Personal Trainer, Mad Dogg Spinning, CrossFit Kettlebell, USAT Certified Race Director.



JILL DUNCAN - LMT

Traditional Thai Massage Therapist & Instructor, Yoga Teacher, Certified Wine Sommelier. Jill began her yoga practice at the age of 19 during college and transformed her life. She fell in love with the benefits and affects of the emotional, spiritual and physical practice. She dove deep into the spiritual teachings as she began to practice and learn from some of the country's most honored yogis. Jill has explored an endless array of eastern philosophies and healing traditions throughout the years and incorporates the deepest of theories into her bodywork and yoga instruction. The importance of looking at the client from within is evident in her work and loving kindness prevails. Jill rooted

herself in the study of Traditional Thai Massage in 2001 and studied through the most advanced levels of this ancient tradition then began her own Thai Massage practice, extending the four divine states of mind to those all around her.



TAMI EGGLESTON, PH.D.

An Association for Applied Sport Psychology Certified Consultant, on the United States Olympic Committee Sport Psychology Registry, and a Professor of Psychology and Associate Dean at McKendree University, Tami will be conducting a group mental training program for us on Friday night after dinner. Her research-based, mental coaching session will address stress management, coping with anxiety, positive self-talk, visualization, and concentration and focus.

Her session will be valuable for the novice athlete just getting started to the seasoned pro looking for that small competitive advantage. She will educate, engage, and inspire us. Tami's activities are designed for sports, but they also have the ability to transfer to work

and life and in general.



SHEILA FAZIO, RYT

Sheila Fazio is a Holistic Therapist, Yoga Teacher & Bodyworker. She passionately shares the ancient living tradition of yoga. Sheila's classes are devotional in nature and emphasize self love and acceptance. She shares powerful healing practices learned from her amazing teachers, Saul David Raye and Rod Stryker. Sheila also helps students learn how to perform healing energy work during their yoga practice. Sheila draws from Buddhist philosophy, self inquiry, radical acceptance and healing affirmations. Ms. Fazio also provides Cranial Sacral Therapy, Reiki and Holistic Mental Health Counseling. In addition to offering five bodywork sessions (first come, first serve) for \$50 / hour or \$75 / 1.5 hours, Sheila will teach

2 yoga classes at Women's Weekend 3.



DANI GLASSMAN, LMT, MSW

Dani is licensed massage therapist and has practiced various forms of massage -- deep tissue, myofascial release, trigger point/neuromuscular therapy, sports massage, Swedish, and reflexology -- for over 12 years. Dani believes that massage is a powerful, yet non-invasive therapy that can help relieve soft tissue pain, muscle tension and soreness, while improving circulation, increasing range of motion and freeing up restrictions in the body. Because each individual is unique, she focuses on tailoring her treatments around one's specific needs. Overall, Dani is committed to promoting good health and well-being and educating individuals on making positive differences in their lives. Currently, Dani practices at InMotion Health Center (Richmond Heights) and Wellbridge Athletic Club and Spa Town and

Country and also offers in-home and worksite massage.



JAN ESTERLY HERZOG

has been teaching yoga since 1997 and continues to study with the founder of Anusara Yoga, John Friend as well as other highly recognized teachers. Her classes are both uplifting and therapeutic. One of her goals as a yoga teacher is to see and help expand the potential in her students for optimal health and energy. She enthusiastically and effectively shares safe biomechanical alignment and yoga philosophy inspired by her own yoga practice, her life experiences and by her teachers. She has extensive background in anatomy and therapeutics. Jan has helped students heal chronic pain as well as to find increased energy and ease in their lives.. Jan has earned the qualification of Affiliate Anusara Yoga Teacher and has been a

practicing massage therapist for 15 years.



MARY HUGHES, LPC

A Certified Breathwork Coach and a Reiki Practitioner, Mary and her sister Anne Orzo will offer a group Breathwork class two times during our weekend. Breathwork is a powerful, yet gentle breathing technique that releases stress from ones body and increases contentment and overall joy. Mary's positive experience with Breathwork in her own life prompted her to seek Certification to be able to share it with others. Group Breathwork is a unique and empowering healing modality where participants come together, silently supporting one another with the energy of breath. Once Breathwork is learned and practiced, it can be a life-long tool used independently to enhance well-being.

[Breathwork](#) is done lying on the floor. Bring a yoga mat, a sheet or blanket to cover with and a pillow to place under your knees to better support you on the floor.



KIMBERLY JOHNSON

In addition to being a member of the faculty of NYStrength Inc, an approved provider of post graduate education for doctors, and fitness professionals around the world; an ISSA [Certified Personal Trainer](#) and Piloxing Instructor; former co-owner of Leysin Fitness Center in [Switzerland](#), Kimberly Johnson offers wellness tips and recipes through her "fituational" blog online at getfitwithkimberly.com. Kim will be teaching piloxing -- the latest fitness craze to sweep the nation. Piloxing uniquely mixes Pilates and boxing into a fat torching / muscle sculpting workout guaranteed to whip you into shape. Experience a transformation as you attain a **sleek, sexy, powerful** self-image with Kim's piloxing classes offered 3 times for 55 minutes each throughout Women's Weekend 3. [YouTube video demonstration](#)



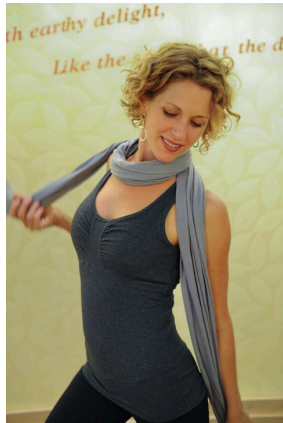
TRINA MOONFLOWER KING

Trina was born with a love of nature and grew up roaming the forests of the Ozarks. She loves encouraging folks to be conscience of their outdoor surroundings. Trina is currently working as a biology intern with the St. Louis Audubon Society as a field researcher. She has training in botany, ethnobotany, native wildlife + flora, stream/creek ecology and even a bit of tropical ecology. Trina is currently completing her 200 hour yoga teacher training as well. Trina will be taking a group of adventure-seekers to nearby [Wayne Fitzgerald State Park](#) for an educational hike through its gorgeous terrain.



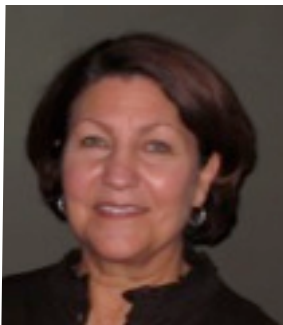
DIANNA LUCAS

Dianna Lucas is a Wellness Specialist, Anusara influenced yogi, organic gardener, avid chanter and wields a mean red pen as the Editor in Chief of *Yoga & Spa Magazine*. Dianna also serves as President of the board for Venus Envy and Poetry Scores. She continually finds her edge as the loving mother of a teenage daughter and attributes her smile to her Bhakti Yoga practice. Dianna hosts classes and workshops in movement and meditation, and is offering a class she's originated -- Sexy Flex yoga -- at WW3. This class will focus on strengthening and improving flexibility for improving intimacy. You will need to bring a yoga mat and block to Sexy Flex Yoga.



KC BEACHY MITCHEM

KC Beachy Mitchem, owner of Mantra Toes, teaches a variety of mind/body fitness classes in the St. Louis area including Yoga, Nia, Zumba, and Flirty Girl Dance. She is a mother of three, a Yoga Therapist and Entrepreneur who draws from her own life experiences as well as extensive mind-body education to help students of all ages and fitness levels bring joy, presence and radiant health into their lives. At WW3 KC will teach *Zumba* -- a fusion of body-sculpting movements with easy to follow dance steps to the tune of Latin and International music; *Flirty Girl Dance* -- an inhibition-free dance class combining easy to follow dance-based moves with a sassy, confident attitude, resulting in a seductive and playful routine that you can take home to show off to someone you love. High heels are optional; and *Water Groove* -- fun, dance-based choreography in the water set to inspiring and soulful music. This class is for every level of fitness.



ANNE ORSO, BREATHWORK COACH, RN

Along with being a pediatric nurse at St. Louis Children's Hospital for 22 years, Anne is a Certified Breathwork Coach and Reiki Practitioner. Anne, together with her sister Mary Hughes will offer a group class two times during our weekend. Breathwork is a powerful, yet gentle breathing technique that releases stress from one's body and increases contentment and overall joy. Group Breathwork is a unique and empowering healing modality where participants come together, silently supporting one another with the energy of breath. Anne Orso and Mary Hughes can give you a life-long tool to help relieve stress, move through "stuck" emotions, and create more joy in your life!

Breathwork is done lying on the floor. Bring a yoga mat, a sheet or blanket to cover with and a pillow to place under your knees to better support you on the floor.



KAREN PROPER

As a dedicated fitness enthusiast for decades, and an avid athlete competing in urbanathlons and marathons, Karen found her calling when discovering pilates, and excels in the art of teaching it. Karen Studied various forms of pilates -- mat, reformer, cadillac (tower) and chair with Balanced Body University and has been teaching pilates since 2009. She is currently at the Pilates and Yoga Center of St. Louis. Karen will be facilitating her core-strengthening mat pilates class three times throughout the weekend. Attendees need to bring a mat and yoga block. Her physique-refining pilates class is 45 minutes and practiced barefoot.

REANN RATTERMAN As a fitness instructor at Center of Clayton, Bally's and Sunrise Fitness Boot Camp of Kirkwood, Reann is prepared to whip us into shape with her entertaining one hour interval class in the great outdoors! No Nonsense. No Excuses. Just Results! That sums up Reann's approach. Despite the group setting, her class will challenge participants individually and provide an environment that allows each person to give their best and expect results. Cardio Camp will consist of resistance training, calisthenics, short runs and drills designed to work every muscle in the 55 minutes. Are you ready? Bring a water bottle and body towel.

WOMEN'S WEEKEND 3 RATES

Women's Weekend 3 is offered at an all-inclusive price of \$200. This price includes:

- ❖ Friday night and Saturday night's accommodations in Camp Manitowa Yurts (limited number of dorm rooms available for an additional \$75 charge)
- ❖ All activities and seminars outlined on the schedule in yellow (drop in to just one of the Triathlon Training Activities outlined in blue too, for just \$20 more)
- ❖ All meals and snacks including Friday dinner, Saturday breakfast, lunch, dinner plus snacks and Sunday breakfast and lunch
- ❖ Instruction by certified aerobics, pilates, piloxing and Nia instructors & massage therapists
- ❖ Seminars on the mental aspects of fitness performance and dehydrating foods

The Triathlon Training Program offered by Sally Drake and Swim Bike Run is offered at an all-inclusive price of \$250. This price includes:

- ❖ Friday/Saturday Night Accommodations in Camp Yurts (limited number of dorm rooms available for an additional \$75 charge)
- ❖ All meals and snacks including Friday dinner, Saturday breakfast, lunch, dinner plus snacks and Sunday breakfast and lunch and aid station support for Sunday race
- ❖ Fully supported/SAG rides, lifeguarded open swims
- ❖ Instruction from professional triathlon coaches and certified wellness instructors
- ❖ "Race day" simulated sprint triathlon on the actual course of October 2's Last Try at Rend Lake
- ❖ Evening activities including live music
- ❖ Special discounts for upcoming future training and certification programs
- ❖ Seminar on the mental aspects of fitness performance by Tami Eggleston

THANK YOU TO OUR SPONSORS & DONORS



CAMP MANITOWA | WOMEN'S WEEKEND 3 | SEPT 9 - 11, 2011

Please complete this page and email it to dan@campmanitowa.com

fax it to: 314-685-2368

or mail it to: Women's Weekend 3, c/o Camp Manitowa, P.O. Box 16613, St. Louis, MO 63105

Last Name, First Name

Email Address

Mailing Address

Phone Number (Home & Cell)

City, State, Zip Code

How did you hear about this retreat?

Camp Information:

- Weekend cost of \$200 includes all meals, lodging, and regular programming. Triathlon Training Program is \$250.
- Yurts have a maximum capacity of 12. We will have no more than 12 women staying in one yurt cabin unless a larger group requests to be together. Two shower houses serve the yurts.
- A limited number of dorm rooms are available for those who need special accommodations for an additional charge \$75. Dorms have two bathrooms per quad of rooms.
- Check-in is from noon (triathlete training begins at noon) until 8pm (opening ceremonies at 5p, dinner at 6p, seminar at 7) on Friday, Sept 9, and Check-out by 2pm on Sunday, Sept 11.

Please list any participants you would like to bunk with during the retreat (we will do our best to accommodate all requests):

Payment Information:

Cost: Yurt \$200 Triathlon Training Yurt \$250
 Dorm Room \$275 Tri Training Dorm \$325

(add \$20 to your total to drop in a Tri Training option)

I'd Like to Reserve a :

1/2 hr horseback ride +\$25 one hour massage + \$50 1.5 hour massage + \$75
I'd like my massage from: Dani Sheila either, based on availability

Check: Please make check payable and mail to:
Camp Manitowa, Inc, P.O. Box 16613, St. Louis, MO 63105

Credit Card:

Visa MasterCard Discover American Express

Amount to be charged: \$_____ Sec Code (3-digits on back of card):_____

Name as it appears on card:_____

Card Number:_____ Exp:_____

Signature:_____

*In the event of cancellation, \$100 is refundable up to August 27, no refunds after this date.

WOMEN'S WEEKEND 3 MEDICAL/CONSENT FORM

This information is to be used by Camp Manitowa staff only in the event of an actual injury or illness. They may not review this information unless such need arises.

Family Physician Name

(_____)_____
Office Number

Insurance Co.

Policy Number

Medications

Dietary needs (vegetarian, vegan, etc)

Allergies (food, insects, etc.)

Recent Illnesses/Activity Restrictions

Emergency Contact

Relationship

(_____)_____
Cell Phone

(_____)_____
Home Phone

PHOTO RELEASE

I give my permission for any photos or videos taken of me during Women's Weekend 3 at Camp Manitowa to be used for marketing purposes both online and in print.

LIABILITY

I hereby release Camp Manitowa and the Camp Manitowa employees, volunteers, and chaperones from any financial or legal responsibility that may result from this outing. To insure prompt attention in case of serious accident or illness, I hereby authorize the persons responsible to incur expense deemed necessary and agree to pay for the same. Should the need arise; I give permission to the Camp Manitowa staff to take me or other registrants on this form to a doctor or hospital for medical treatment. I also authorize a Camp Manitowa chaperone to execute any or all documents on my behalf, including necessary releases, which might be required by a medical facility to perform emergency care.

MEDICAL AUTHORIZATION AND RELEASE

Should I sustain or incur an accident or illness while attending Camp Manitowa, I hereby authorize an agency official to execute any and all documents on my behalf, including necessary releases, which my be required by a medical facility to perform emergency care. All attending adults must sign below:

Signature

Date