



COURAGE RUNNING

# HIGH SCHOOL XC SUMMER RUNNING CAMP

\*2 **group training runs** per week: Mon/Fri

\*professional instruction in:

*intelligent training methods*

*nutrition for distance runners*

*proper warm-up, stretching, form drills*

*running injury care and prevention*

\*customized daily summer **training plan**

\***video analysis** of gait/running form

\*guest speakers throughout the summer

\*train with college runners

\*shoe discount at OK Runner

\*Courage Running Summer XC t-shirt

**SESSION 1 (5 WEEKS): MAY 30 - JUNE 30**

**SESSION 2 (4 WEEKS): JULY 10 - AUG 4**

\$175 per session

\$300 for both sessions (\$50 savings)

Grades: 7th - 12th

**Run Locations** (tentative)

Monday - Mitch Park

Friday - Lake Hefner, East Wharf

Meeting time: 7:00am

*Over 30 years of combined coaching experience* USATF, USTFCCCA, NAIA, RRCA, NFHS certifications

David Crynes....Courage Running; Oklahoma City University XC/TF

Debra Carlson...Courage Running; 3-time Boston Marathon Qualifier

current and former college runners from around the state

For registration or questions: [coachcrynes@gmail.com](mailto:coachcrynes@gmail.com) 405.708.1100

## Registration Form

Name: \_\_\_\_\_

Grade Fall '17 \_\_\_\_\_ Male/Female (circle one) T-shirt size (adult) XS S M L XL

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ e-mail: \_\_\_\_\_

School: \_\_\_\_\_

Parent Name/Signature: \_\_\_\_\_

\_\_\_ **Session 1** May 30-June(\$175) \_\_\_ **Session 2** July 8-Aug 4(\$175) \_\_\_ **Both Sessions** (\$300)

**Mail form/ check to:** Courage Running 3016 N Robinson, #7 OKC, OK 73103

**www.couragerunning.com**