

**Capital City Thunder Bolts  
Running Club  
Cross Country Kick-Off  
Train Day-Camp  
July 21st—July 24th**

**Come Train With OKC Metro Running Coaches!**

**Only \$40.00 Per Runner**

**Kick-Off Meeting & Registratin**

**7:00pm Wednesday July 21st Bluff Creek Park  
Hefner Road & North Meridian OKC**

**Sessions**

**2- 6:30am Thursday July 22nd**

**NW Classen High School Track**

**3- 7:00pm Thursday July 22nd**

**Stars & Stripes Park OKC**

**4- 6:30am Friday Crystal Lake Park OKC**

**6901 sw 15th street OKC**

**5- 7:00pm Harding Prep High School**

**1301 NW 101st street OKC**

**6- 8:00am Draper Lake**

**SW OKC**

[thunderboltsrunning@gmail.com](mailto:thunderboltsrunning@gmail.com)

Parents Must Register Under 18

