



**Founded by four-time Olympian,
*Marcus O'Sullivan***



MIDDLE SCHOOL MINI XC CAMP:

AUGUST 17 – 20, 2019

HIGH SCHOOL XC CAMP:

AUGUST 17 – 22, 2019

REGISTER ONLINE at www.runningworks.com

**Early Registration, Sibling, & Team Discounts,
and Scholarships Available**

**BEST PLACE FOR TEAMS TO DO THEIR
PRE-SEASON TRAINING!
COACHES WELCOME!**

**TEAM BUILDING, MENTAL PREP &
GOAL SETTING**

**FUN CAMP ACTIVITIES, like
kayaking, fishing, swimming**

FREE NIKE T-Shirt & Water Bottle

Register Online at

www.runningworks.com

**Train smart and have your best week of
summer and your BEST XC SEASON yet. Run
around Lake Lenape and the surrounding
Pocono mountains of Canadensis, PA with
your team., have fun, & make new friends.**

**Experience a REAL pre-season training
camp!**

FEEL THE DIFFERENCE:

OLYMPIANS, NCAA

**Experienced COACHES &
ALL-Americans ON STAFF**

WORLD-CLASS

Guest Speakers

SCIENCE BASED TRAINING

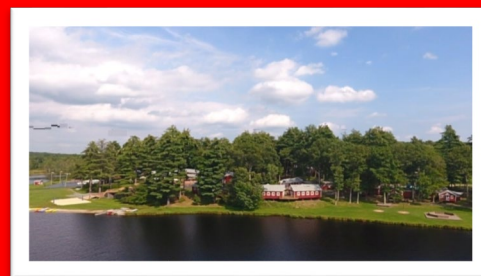
for YOUR Fitness Level

SMALL GROUP Instruction

with Video Gait Analysis

MILES OF WOODED TRAILS

NO BUSING TO RUNS



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