

# Virtual 3x Day of Distance Coaching Clinic: 3/11, 3/18, and 3/25 in 2021!



*Running Camps and Coaching Clinics. Founded by four-time Olympian, Marcus O'Sullivan  
Join us for our 23rd Year*



## **MIDDLE SCHOOL XC CAMP:**

Monday August 16 - Thursday August 19, 2021

## **HIGH SCHOOL XC CAMP: WITH NEW TEAM CAMP!**

Monday August 16 - Saturday August 21, 2021

*Early Registration, Sibling, Team Discounts & Scholarships*

Team Building, Mental Prep & Goal Setting

Fun Camp Activities, Swimming, Fishing, Kayaking

**FREE T-SHIRT & WATER BOTTLE**

**ALSO: VIRTUAL CAMP JULY 2020 dates t.b.a.**



**REGISTER ONLINE:**  
[www.runningworks.com](http://www.runningworks.com)

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

## **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
- MILES of WOODED TRAILS
- NO BUSING TO RUNS!

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