

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 2021 dates t.b.a.



REGISTER ONLINE:
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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