

Get Ready To Have Your BEST CROSS COUNTRY SEASON, EVER!



Running Camps and Coaching Clinics founded by four-time Olympian Marcus O'Sullivan



REGISTER ONLINE:
www.runningworks.com

Train smart and have your best week of summer and your BEST Cross Country season, yet. Train around Lake Lenape and in the Pocono Mountains of Canadensis, PA. Have fun & make new friends!

MIDDLE SCHOOL XC CAMP:

Monday August 15 - Thursday August 18, 2022

HIGH SCHOOL XC CAMP:

Monday August 15 - Saturday August 20, 2022

2022 Discounts & Scholarships Available!

Smart Training, Team Building, Mental Prep & Goal Setting, Camp Activities, Swimming, Fishing, Kayaking, and more!

ALL CAMPERS RECEIVE A FREE RUNNINGWORKS T-SHIRT & WATER BOTTLE



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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ig @runningworkshxc
tw @runningworkscamp