

# Get Ready To Have Your BEST Cross Country Season!



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



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

## FEEL THE DIFFERENCE:

Olympians, NCAA Athletes, 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!

## MIDDLE SCHOOL XC CAMP:

Monday, August 14 – Thursday, August 17, 2023

## HIGH SCHOOL XC CAMP:

Monday, August 14 – Saturday, August 19, 2023

**Discounts & Scholarships Available!**

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

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



**f @runningworks**  
**@runningworksmc**  
**@runningworkscamp**

