



# SUMMER DISTANCE RUNNING CAMPS



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**Train with Cross Country Athletes as they prepare for the 2024 season!**

**AGES K-12 Patriot Distance Running Camps | 6am-7am (7:30 end for HS)**

**Session 1 - June 3<sup>rd</sup> – 7<sup>th</sup> and June 10<sup>th</sup> – 14<sup>th</sup>**

**Session 2 – July 1<sup>st</sup>- 3<sup>rd</sup> and July 8<sup>th</sup> – 12<sup>th</sup>**

Location: ALA QCHS Track

**SCAN TO REGISTER**



For Patriot Distance Running Camps, each age group will have different workouts.

This great way for young athletes to get an introduction to the sport of distance running!

Parents are welcome to train with the k-6 group and get fit as a family!

**Cost:** \$40 per session - \$60 for both sessions, add on siblings for \$10 to a single or double session (Parents participate for free)

**To register:** scan QR or visit: <https://forms.gle/4G6ytqapRA5cXYB86>

**Payment:** Bring Check made out to ALA QC Activities with athlete name and session in the memo to first day in attendance. (Cash ok if in envelope with Athlete name).

**Junior High Only Cross County Pre-season Camp July 20-31 | 6am-7am**

Location: ALA QCHS | no cost

**High School Only Cross County Pre-season Camp July 20-31 | 5:45-7:30am**

Location: ALA QCHS | no cost