



Richmond Burton Rockets Summer Mileage Club



The goal of the summer Rocket Running camp is to help middle and high school students develop the love of running, the commitment to compete on a team, and lay the foundation to compete during the fall racing season.

Dates:

5-days per week June 4-June 22 & July 9-27 with one Lake Geneva breakfast run, and one breakfast run on the day of the last meeting.

Location:

Main Office (second left)
Chain-O-Lakes State Park
Spring Grove, IL

During the summer, athletes attending the running camp will work to increase endurance, improve foot speed, develop core muscle groups, and improve on running strategy.

The athletes will work with coaches on setting and meeting summer mileage goals and they will set performance goals for the upcoming season.

Time: 6:45 am - 8:00 am

Cost: \$30 per athlete
*includes T-shirt

Text Notification:

Your coach will help you sign up for “Remind” notifications at the first meeting.

Coaches: Coach Pitchford
Coach Carlson



Rocket Racing...One Team...One Mission