



2017 Summer All Star Cross Country Camp

High School Training Programs

A.

I. Summer Training For Distance Runners

Camp will cover: Up to date training methods, Detailed State Course Maps with key transitions, race strategies and overall analysis as well as summer mileage plans.

June 13th to July 20th _____ \$350.00

Tue, Wed, Bartlett High School, Thu Service High School

Time: TBD

Name: _____

Name: _____

Parent Email:

Parent Phone and Participant Phone:

Age: _____ Grade: _____

School Affiliation: _____

Emergency Contact:

Name: _____ Phone: _____

Find us on Facebook, Instagram, and Twitter: The Alaska Running Academy

Mail payments to:

Doug Herron

2370 Irontree Place

Anchorage AK 99508