

# **SUMMER 2017 ALL STAR XC CAMP**

## **“Helping Athletes Achieve Their Dreams”**

**Cross Country Running Camp  
June 13– July 20  
Tues, Wed and Thurs  
(Tues, Wed at Bartlett High School/Thurs at Service High School)  
Time: TBD**

**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.**

### **To Register Please Visit Website**

**[www.alaskarunningacademy.com](http://www.alaskarunningacademy.com)**

**\*\*\*Space is Limited to 30 Athletes Per Camp\*\*\***

**Coach  
Doug Herron  
alaska.run@gmail.com  
(907) 460-0244**

- #1 U.S. High School 800m runner in 1985
  - Alaska State Record Holder
- Individual U.S. Junior National Track and Field Champion
- Qualified and competed for 1985 U.S. Junior National Track and Field Team
- Qualified and competed for 1988 U.S. National Track and Field Team
  - Member of nationally ranked University of Arizona Track and Field and Cross Country Running Teams
    - University of Arizona school record holder
      - Pac-10 Individual Champion
      - N.C.A.A. All-American
    - 1988 U.S. Olympic Trials Semi-Finalist
- 27 years of high school coaching with numerous region and state champions
  - Coached two top 10 nationally ranked xc teams
    - Alaska Sports Hall of Fame

The Anchorage School District does not endorse these materials or the viewpoints expressed in them.

