

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: 10:00-11:30am**

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

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

**Doug Herron
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- #1 U.S. High School 800m runner in 1985
 - Alaska State Record Holder
- Multiple Alaska State Champion in Track and Cross Country
 - Individual U.S. Junior National Track and Field Champion
 - Member of 1985 U.S. Junior National Track and Field Team
 - Member of 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.

