

Eagle Running Camp

July 30 -August 3, 2012

Who? Any and all members of Grand Rapids Christian cross country teams.

When? July 30 - August 3, 2012

Why? To train for the 2012 season, have fun, and meet team members.

Where? Long Lake Rec Area
Yankee Springs

Cost? \$170.00. Includes all meals, lodging, and a t-shirt. If you pay by July 1, deduct \$10.00 from camp fee.

Camp description: Grand Rapids Christian High has featured this running camp for 20 years now. The 2011 camp had an enrollment of 90 athletes. While we run each day, the focus is fun and team building. Besides running, activities include: biking, swimming, out door games, and indoor games. All workouts are geared to each runner's fitness level.

To join the 2012 camp, fill out the application to the right and mail in with your camp fees to:

Doug Jager
1910 Pokogon SE
Grand Rapids, MI 49506

Camp packets will be mailed about 1 week before camp.

Eagle Running Camp application

Name _____

Address _____

Grade entering _____

E-mail _____

T-shirt size _____

Special diet concerns

