

# Eagle/Sader Running Camp

**August 3-7, 2009**

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

**When?** August 3-7, 2009

**Why?** To train for the 2009 season, have fun, and meet new team mates.

**Where?** The Long Lake Recreation Area, near Gun Lake.

**Cost?** \$145.00. 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 17 years now. The last several years, Unity Christian has joined as well. The 2008 camp had an enrollment of 104 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 2009 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 packet's will be mailed about 1 week before camp.

## Eagle/Sader Camp application

Name\_\_\_\_\_

Address\_\_\_\_\_

Grade entering \_\_\_\_\_

High School\_\_\_\_\_

E-mail\_\_\_\_\_

T-shirt size\_\_\_\_\_

Special diet concerns

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_