

ARAPAHOE CROSS COUNTRY

MIDDLE SCHOOL

SUMMER RUNNING CLUB



Head Boys Coach – Brian Hatak

Head Girls Coach – Jeff Krause

Middle School Summer Runners will be placed in small groups with others of similar ability, with groups divided towards novice/ younger runners and veteran competitors respectively. Even if you have never run before, we welcome you to join us! Campers will run on routes around Centennial/Littleton roads and trails with current AHS coaches and Varsity athletes. Each week we will emphasize a specific element of running training: form, breathing, hills, speed, hydration, nutrition, and stretching.

Summer Running Club Times and Dates

Running: June 11- July 2
Tuesdays and Thursdays
7 sessions; 7:30-8:45 am
*meet in west parking lot

Cost:

Running Program: \$150.00
Make checks payable to:
"AHS Cross Country"

Registration due by May 10th

OTHER

- Expect hot & sunny weather! Bring water, wear sunblock, & dress appropriately.
- Make sure to NOT eat a heavy breakfast before running.
- Each camper will receive a technical running t-shirt.
- Even if you will be vacationing and can't attend every day, you are still welcome to join the AHS Middle School Summer Running Club. It will be a great way to stay in shape this summer, train, & get to know others.

We are looking forward to helping you become a better runner!

For any questions, please email the Middle School Summer Running
Camp Coordinator, Coach Smith, at:

asmith@lps.k12.co.us