

CAN'T STOP RUNNING CO. XC CAMP 2021

July 15-18, 2021



**Ludlow Falls Camp
2523 St. Rt. 49
Ludlow Falls, OH**

Can't Stop Running Co XC Camp 2021 is a 4 day 3 night, overnight camp designed to help student athletes develop as better runners. The CSRC XC Camp 2021 will offer great opportunities and experiences for any male or female athlete competing in the 2021 XC Season. Some of the camp offerings include:

- Cross Country & Road Runs
- Training Drills / Core Workouts / Plyometrics
- Team Games, Water Activities, Fishing, Basketball, Ultimate Frisbee, & more.
- Guest Speakers on Nutrition, Injury Prevention, Equipment, Goal Setting, and a College Athlete Panel Discussion

Presentations by: Saucony, Xcel Sports Medicine, and more.

Feel free to bring your spikes and your favorite singlet and prepare for the world famous Milk Mile Challenge. [#Canyoustomachit](#)

Total Camp Cost = \$220 if registered by June 30th (\$240 after June 30th)

Reserve your spot online with a \$50 deposit and final payment is not due until July 15th

Team discounted rate of \$195 available for teams that send 7 or more athletes to camp

**For more information or to register online, visit
www.cantstoprunningco.com**