



2018 Summer Distance Camps

Flower Mound, Texas Camp

High School & Middle School Runners

Monday, June 18th thru Friday, June 22nd (7:00 a.m. – 2:00 p.m.)

Cost: \$315 ... bring 5 or more runners from the same high school or middle school team and get your team discount of \$275 per runner!!

This camp is specifically for runners that plan on participating in cross country in the fall and distance track in the spring at their respective high school or middle school, or is currently a member of a distance running club.

In addition to daily runs, this camp will include training in proper warm up and cool down, recovery, nutrition, body maintenance, strength training, visualization, mental toughness, race preparation, race strategy, team racing, staying healthy, shoes + socks, importance of mileage, types of workouts, and more ... including team competitions in the pool, on the track, and in the classroom!! We have a great group of college runners that will be with you throughout the week!!

Local camps will meet at:

Trietsch Memorial United Methodist Church (Family Life Center)
6101 Morriss Road, Flower Mound, TX 75028

Arizona Elevation Camp

Northern Arizona University, Flagstaff, AZ

Tuesday, July 10th thru Sunday, July 15th

Cost: \$849 ... Bring 5 or more runners from the same team and get a rate of \$799 per runner!

This will be our 3rd year in Flagstaff! In addition to the above itinerary, you'll run on some great trails at various altitudes with our college counselors and several professional runners from the HOKA NAZ Elite team, coached by Ben Rosario!

To register for a camp, go to www.lutzrunning.com and pull down the "Summer Camps" link to select a camp. Register today!!

This event is licensed by the Amateur Athletic Union of the U. S., Inc. All participants must have a current AAU membership. AAU membership may not be included as part of the entry fee to the event.

AAU Youth Athlete membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connection. Be Prepared: Adult and Non Athlete memberships are no longer instant and cannot be applied for at event. Please allow 10 days for membership to be processed.

Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership.