

RUN HARD, RUN SMART, RUN TO WIN!

Set in the midst of breathtaking mountain scenery, the locations provide the perfect combination of recreational opportunities and a physically safe environment. Between the open land and breathtaking scenery, Southern Utah's High Altitude Cross Country Camp is the ideal training center for both the seasoned runner and an enthusiastic newbie.

Highlights Include:

- Instructors include highly skilled college coaching staff and current student-athletes
- High Altitude Cross Country Camp T-Shirt
- High altitude trail runs, 11000' elevation
- Informative discussions and readings
- Speed and stamina drills and training
- Camp is open to all ages 8-18

What Can You Expect?

A typical day consists of breakfast, a morning workout, rest, lunch and speeches from the coaching staff followed by an afternoon workout and a group activity. You will learn visualization techniques, team-building skills and ways to maximize your performance through appropriate nutrition.

Camp Check-In (Eccles Coliseum/Cedar City, UT)
Monday, July 29, 2019 | 12:00 PM MST

Camp Check-Out
Friday, August 2, 2019 | 6:45 AM MST

Return (Eccles Coliseum/Cedar City, UT)
Friday, August 2, 2019 | 11:30 AM MST



HIGH ALTITUDE CROSS COUNTRY CAMP

July 29, 2019 - August 2, 2019

Brian Head Resort | Southern Utah University

The High Altitude Cross Country Camp takes place at the beautiful Brian Head Resort and in Cedar City with their surrounding running trails. The camp is more than just a running camp, it offers the perfect mindset for training, racing and succeeding in life.



highaltitudecamp.com

HIGH ALTITUDE CROSS COUNTRY CAMP

Monday, July 29, 2019 - Friday, August 2, 2019

Brian Head Resort | Brian Head, Utah
Southern Utah University | Cedar City, Utah

Located in the Dixie National Forest, Southern Utah commands a majestic view of the world famous Brian Head Resort and Cedar City. The camp combines a beautiful, safe location with a staff consisting of college coaches, college runners and other qualified instructors.

CAMP PACKAGES:

All-Inclusive: \$400

Registration | Training | Camp Activities | Workshops
Transportation | T-Shirt | Housing | Meals

Athlete Special: \$335 (No Housing)

Registration | Training | Camp Activities | Workshops
Transportation | T-Shirt | Meals

Basic: \$265 (No Housing or Meals)

Registration | Training | Camp Activities | Workshops
Transportation | T-Shirt

For More Information:

Camp Director, Eric Houle (houle@suu.edu)
(435) 559-3147 | altitudecamp.com

APPLICATION

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: (_____) _____ - _____

School: _____

Grade: _____

Emergency Contact: _____

Phone: (_____) _____ - _____

Total Summer Miles: _____

Camp Package: (Circle One)

All-Inclusive (\$400) | Athlete Special (\$335) | Basic (\$265)

T-Shirt Size: (Circle One)

Small | Medium | Large | X-Large | XX-Large

PLEASE RETURN ALL APPLICATIONS TO:

Southern Utah University
Attn: Cross Country Head Coach
351 W. University Blvd.
Cedar City, UT 84720