

# 2022 Bayhawk Cross Country Camp



June 27 – 30 (Mon.-Thurs.)

**For new AND experienced runners**—Come have fun and at the same time learn about good running technique, various training runs, tactics for races, improving speed and strength, and how your body and mind play an important part in running. Camp leader Eric Bachmeier has 22 years of experience as a high school coach and 11 summers as a camp counselor, and Coach Bill McClement was a successful runner at the high school, college, and professional levels, as well as an Olympic trials qualifier. Current members of the Bellingham High School Cross Country team will assist daily with the instruction of each camper.

- **Ages:** Students entering grades 5 – 8 in Fall 2022
- **Time:** 8:30 am – 10:30 am daily
- **Location:** Bloedel Donovan Park (Mon. 6/27, Tues. 6/28, Wed. 6/29); Lake Padden (Thurs. 6/30)

## **To Register:**

[https://apm.activecommunities.com/bellingham/Activity\\_Search/bellingham-bayhawks-xc-camp/36403](https://apm.activecommunities.com/bellingham/Activity_Search/bellingham-bayhawks-xc-camp/36403)

- ✓ **Cost: \$80 (includes Camp T-Shirt)**