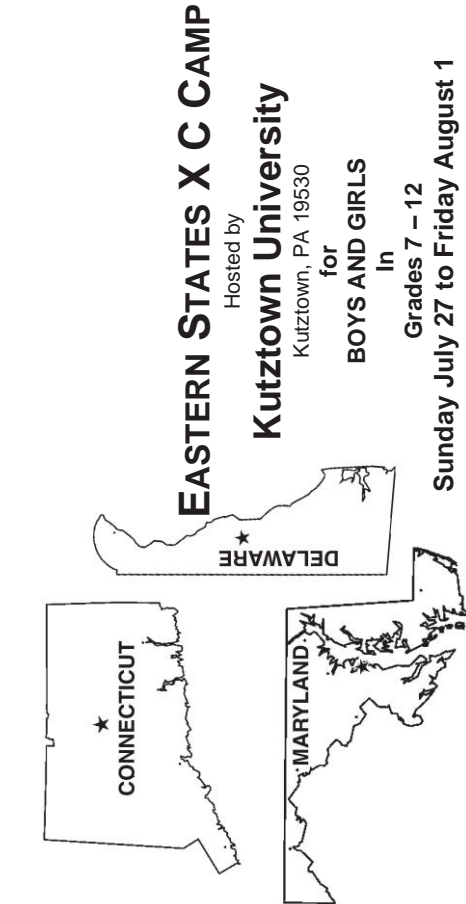


CAMPERS
COMING FROM:



CAMPERS
COMING FROM:

EASTERN STATES X C CAMP

Hosted by
Kutztown University

Kutztown, PA 19530

for
BOYS AND GIRLS

In

Grades 7 – 12

Sunday July 27 to Friday August 1

CAMP INFORMATION

DATE: July 27- August 1 (**6 days/5 nights**)
 LOCATION: Kutztown University
 Kutztown, PA 19530
 Easily accessible from Interstate
 Rt. 222 and 78

COST: Resident Camper - \$415.00
 Includes all meals, camp shirt,
 lodging and top level instruction.

**Team Discounts: \$395 with
 6 to 11 campers from same
 school district.
 \$380 with 12 or more.**

CHECK-IN: Sunday, July 27 1 - 3 p.m.

CHECK-OUT: Friday, August 1 1-3 p.m.

MEALS: First Meal is Sunday Dinner
 and last meal is Friday Lunch.

DAILY SCHEDULE

7:00	Breakfast
9:30	Morning Run
11:30	Lunch
1:00	Technique Work
2:30	Swimming & Recreation
4:15	Dinner
6:00	Special Speaker, Films
7:00	Evening Run
10:30	Bed

FACILITIES

- Modern swimming pool
- Chef prepared food
- **Air-Conditioned Suites**
- Basketball, tennis and volleyball courts

Special guest from

James Carney



James has qualified for the 2004, 2008 & 2012 U.S. Olympic Trials. He finished 9th at the marathon trials in '12 with a PR of 2:12. Jim has run PR's of 13:23 (5,000m) and 27:43 (10,000m). He won national championships in the half marathon, 20k and represented the U.S. in World Championships. He is currently a technical representative for New Balance.

EASTERN STATES XC CAMP APPLICATION

Form may be duplicated

Application deadline is July 12th postmark Bring a teammate!

NAME _____ AGE _____ TELEPHONE # (_____) _____

HOME ADDRESS _____ CITY _____ ST _____ ZIP _____

SCHOOL _____ GRADE IN FALL 2014 _____

E-MAIL ADDRESS _____ (All Future Information For Camp Will Be Sent Via E-mail) Please Print Clearly

T-SHIRT SIZE: S M L XL (Please circle one)

PREFERRED ROOMMATE (if Any) _____

Please circle one: A. Resident Camper \$415 or B. Resident camper with team \$395 or \$380
 Payment in full may be made.
 required. Great team discounts! See above. A minimum deposit of \$100

Make checks payable to EASTERN STATES XC Camp and mail to:
 Call 717-293-1962 with any questions.

Eastern States XC
 323 Pennsylvania Ave.
 Kutztown, PA, 19530