

**Delone-Fairfield**  
**Cross Country Camp**

21<sup>st</sup>-25<sup>th</sup> July 2016  
(Thursday-Monday)

**What:** Ask any Cross Country runner what the best part of being on Fairfield's XC team is and they will probably say Camp! Cross Country camp is amazing. The training is excellent, the food never ending, and the laughs are constant.

We are extremely lucky to have this opportunity again this summer-mark your calendars now!!

**Where:** Pine Grove Furnace State Park

(<http://www.dcnr.state.pa.us/stateparks/parks/pinegrovefurnace.aspx>)

1100 Pine Grove Road  
Garnders, PA 17324

Iron Workers Group Tent Area, Camp Site A

(Route 30 to Route 233, follow route 233 for about 14 miles, turn right onto Benderville Road/Pine Grove Furnace. Follow the road to the right, turn left into Iron Workers Group Tent Area. Campsite A is on the right of the parking lot.)

**Cost:** \$75

**Camp life:** There will be separate boys and girls tenting areas. Parents/chaperones (Coach Roan included) will be in tents in the same area. 3 full meals and plenty of snacks will be provided every day. Athletes will not only learn how to run effectively but will also be exposed to sessions on nutrition, running specific stretching, plyometrics, weight lifting, core exercises, and numerous other XC geared topics. In addition, there will be swimming; campfires, card games, and whatever other fun things all the coaches and chaperones can come up with.

This is a phenomenal opportunity; anyone seriously interested in XC should plan on attending.