

**GWDRC *Beginner* Summer XC Prep
IRON Dragon XC Camp**

Greater Williamsburg Distance Running Club



**Greater Williamsburg
Distance Running Club**

Open to rising 6th to 9th graders

GWDRC will be hosting a Summer XC Prep Session for beginner to advanced runners.

Appropriate for athletes that can run easily for 10+minutes

10 minute run 5 minute rest groups

Calendar:

Date:	Day:	Time:	Location
July 19	Monday	8:00-9:00am	WISC
July 21	Wednesday	8:00-9:00am	Green Spring Trail
July 23	Friday	8:00-9:00am	Green Spring Trail
July 24	Saturday	8:00-9:00am	WISC
July 26	Monday	8:00-9:00am	WISC
July 28	Wednesday	8:00-9:00am	Green Spring Trail
July 30	Friday	8:00-9:00am	Green Spring Trail
July 31	Saturday	8:00-9:00am	WISC
August 28	Saturday	Summer Pool Party	6:30-8:30pm

Cost:

\$30.00 to GWDRC

Summer Club T-shirt

\$16.00 AAU membership

Sign up at www.gwrun.org

Practice Schedule:

See Calendar above

Practice Locations: Green Spring Trail/Jamestown HS track and WISC running trails

Questions: Contact Coach Katelyn Birchfield at katelyn.birchfield97@gmail.com

(Primary Coach for Beginner's XC Group

Questions: Contact Club Coach Mark Tompkins at MarkTompkins1@gmail.com or

757 784-2281