



Jacob Brown's RUNNING CAMP

Great Morning Runs in Ridgewood!
July 10th to July 14th – Monday to Friday! 9am to 12 noon
Meet at the Ridgewood Track ready to run!

Everyday:

New workout.
New nutrition secret.
Study and improve your form.
New stretches and strength building.
Learn to use relaxation in your running.
Learn to run faster!
And most important: Run with some Great People!

Prepare for:

A great summer of training for Cross Country.
Great ready for sleep away Cross Country Camp.
Better racing on the track!

Important points:

Limited to 20 runners. Cost \$200
More Info: jacob@jacobbrown.com



Jacob Brown's RUNNING CAMP

Great Morning Runs in Ridgewood!
July 10th to July 14th – Monday to Friday! 9am to 12 noon
Meet at the Ridgewood Track ready to run!

Everyday:

New workout.
New nutrition secret.
Study and improve your form.
New stretches and strength building.
Learn to use relaxation in your running.
Learn to run faster!
And most important: Run with some Great People!

Prepare for:

A great summer of training for Cross Country.
Great ready for sleep away Cross Country Camp.
Better racing on the track!

Important points:

Limited to 20 runners. Cost \$200
More Info: jacob@jacobbrown.com

