



### Coaches & Campers say .....

"The best camp I have ever been to. A great staff that will be with you even after the camp. I learned more at this camp in one week than I had in my prior 15 years of running and coaching. A great time, a great experience, and great people!" -- Coach McGuire, Liberal HS, KS

"The camp has an incredible wealth of knowledge to offer those athletes and coaches wanting to take their running to the next level. The OmegaWave testing alone is worth going to camp for. This enables you to train smarter & more efficiently. No other camp can provide this kind of information in the US!" -- Adam Perkins

"I had soooo much fun! I felt like I could ask the staff anything! I would definitely recommend this camp to everyone!! I loved it!" -- Mallory Champa

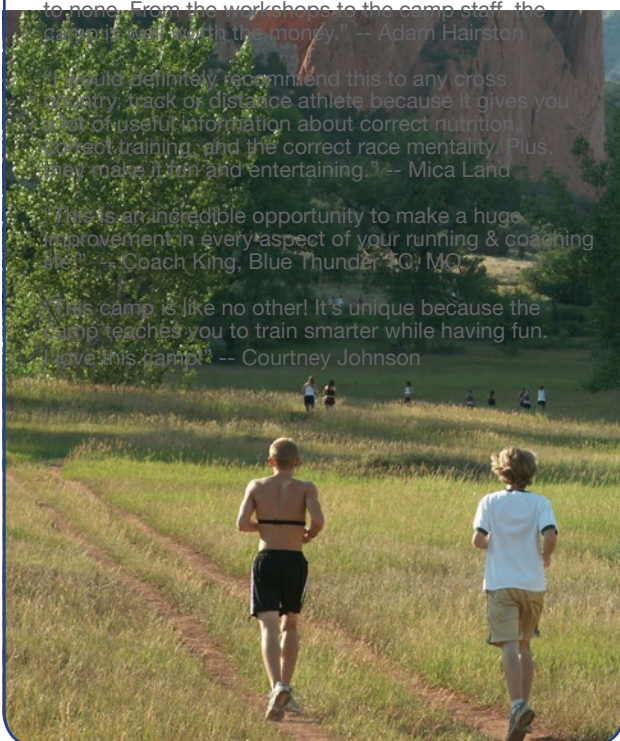
"The information delivered was some of the best I've ever heard presented anywhere. The attention to detail in the lectures & the staff provide one of the best camp experiences a HS coach and team can achieve. Several of my kids have kept in touch with their counselors years after having attended. Definitely a camp worth attending for the coach and team looking to reach their training & racing goals." -- Coach Christensen, Lovejoy HS, TX

"The overall camp experience is top notch and second to none. From the workshops to the camp staff, the camp is well worth the money." -- Adam Hairston

"I would definitely recommend this to any cross country, track or distance athlete because it gives you a lot of useful information about correct nutrition, correct training, and the correct race mentality. Plus, they make it fun and entertaining." -- Mica Land

"This is an incredible opportunity to make a huge improvement in every aspect of your running & coaching life." -- Coach King, Blue Thunder JC, MO

"This camp is like no other! It's unique because the camp teaches you to train smarter while having fun. I love this camp!" -- Courtney Johnson



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P.O. BOX 34483  
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## BROCAW BLAZERS



July 2 - 9, 2017  
Colorado Springs, CO

All runners, coaches & teams (grades 8-12) wanting to improve themselves in a positive learning environment are invited. The camp will allow each athlete, regardless of age or ability, the opportunity to learn and grow as a runner, individual, leader and team member.

[WWW.CCRUNNINGCAMPS.ORG](http://WWW.CCRUNNINGCAMPS.ORG)