



# Norwin XC Running Camp

## “Open Race 2024”



### Race Information:

Campers have the option of running the full course high school 5K or junior high 1.7 miles or rookie course). Awards will be presented for winner in each age group and gender. We are looking to get as many **alumni, parents, siblings that would like to run as well**. Adults, siblings, alumni may run too, any age!!!! The high school course is 2 loops of middle school course. It is a **FREE entry** and you will have your time recorded on Norwin XC course. Dust off the shoes and have fun.

### NorwinXC Meeting & Pretzels to Follow:

We are planning on having a brief parent introductory meeting the last night of the cross country camp **Thursday June 24, 2024**. On Thursday, we will run a summer time trial of the upcoming course for the **season at 6:15 followed by a pretzels and meeting at 7:00**. Families are invited to attend BOTH the race and meeting.

- ✓ We will provide pretzels from [Philly Pretzel Factory](#) after and Gatorade.
- ✓ [Friends of the Norwin Trails](#) will be on hand to discuss upcoming plans for running/ hiking/ biking trails in area
- ✓ Q & A for any questions about summer training or upcoming season
- ✓ Small awards after for winners of each race

**\*\*All Camp information and past results found here: <https://www.norwinxc.com/xc-camp.html>**



**LOOKING FORWARD TO SEEING YOU!!!**  
**Please bring own chairs and own drink**  
**(no alcoholic drinks)**



## Norwin XC Running Camp

June 24-27, 2024  
“Let the Season Begin”

