

**Grand Rapids
Christian**



**Eagle
Middle School
Cross Country
Camp**

July 17-20, 2017

Grand Rapids Christian has featured this middle school running camp for 5 years. While we run each day, the focus is growing as a team, fun, and devoting the season to God. All workouts are geared to each runner's fitness level.

Besides running, activities include: biking, swimming, "bags" (cornhole), games, and more!

The camp is held at Long Lake Outdoor Center in Yankee Springs Recreation Area near Gun Lake.

The cost of this camp is \$150. This includes overnight lodging, all meals, and a camp T-shirt.

To join the 2017 camp, fill out the application to the right and mail it with your camp fees to:

Doug Jager
1910 Pokogon SE
Grand Rapids, MI 49506

Necessary camp packets can be found at eaglesrunning.com.

Eagle Cross Camp application

Name:
Address:
Phone Number:
Email: (print neatly like you are typing)
Grade Entering: 5 6 7 8
T-shirt Size: YM YL S M
Dietary Concerns: