



**ACTIVITIES INCLUDE:**

• Guest Speakers from past high school champions & top collegiate and professional runners

\*Running games

\*Running at your ability level

\*Technique drills

\*Get tips from Clovis North High School's Championship Cross-Country Team

\*Swimming

\*Racing strategies

**TYPICAL WEEK:**

\*Monday: Drills/Tech, Run, Game, Swim

\*Tuesday: Drills/Tech, Run, Game, Swim

\*Wednesday: Drills/Tech, Run, Swim, Kona Icel

\*Thursday: Drills/Tech, Run/  
Inflatable Obstacle Course!

\*Friday: **Race!** Fleet Feet Shoes  
available at discount!!!



# RUN LIKE A CHAMPION

# XC24

## SUMMER CAMP

(Grades 4-8)

August 5-9, 2024

8:00- 10:30 am

### RUN WITH US AND ...

- ✓ Hear some of the nation's best college and pro athletes speak and give helpful tips
- ✓ Have a positive experience being part of a team
- ✓ Prepare for the up coming cross country season
- ✓ Have fun and experience the great friendships that are a big part of why kids run
- ✓ Experience the intensity and the joy of accomplishment that comes from running
- ✓ Learn how running is a great way to keep our bodies fit and healthy





Gianna Bomarito, a 2022 graduate of CN, earned All-America honors last fall competing for Sonoma State. She already holds the 6 BEST marks in school history for the 6000m.



Isaiah Galindo, graduated in 2020 winning six league championships in both XC and Track. He also holds the school record for running 2 miles in just 9 minutes and 10 seconds.

## CAMP DIRECTORS:

### JASON LIENAU - CLOVIS NORTH HIGH SCHOOL

Director of CN Area Cross Country  
Assistant Track & Field Coach (distance)

### JOANNA VITALE - GRANITE RIDGE INTERMEDIATE

Head Cross-Country Coach  
Head Track & Field Coach

Camp Staff - Clovis North High School  
Cross-Country and Track & Field Team



League Champions:  
2008, '09, '11, '13

Valley Champions:  
2009, '10, '11, '14, '15

7x CIF State top 10

League  
Champions:  
2008-09, '13, '14,  
'19, '21

2014, '19 Valley  
Champions

5x CIF State  
Top 10



Ashlyn Leath graduated Clovis North in 2023, She led her teams to a state podium finish and individually finished on the podium twice at the State Championships. She now competes for Cal Poly-SLO.

**Date:** August 5-9, 2024

**Time:** 8:00-10:30 AM

**Place:** Clovis North HS Track

**Cost:** \$50.00

discounts for multiple family members:  
\$30 for 2nd child, \$20 for 3rd.

Checks Payable to: Run Like a Champion Camp

**Check in:** Monday, August 5, @ 7:45 am -  
Clovis North Track

### What to Bring:

Come dressed ready to move!  
Also, bring your swimsuit and  
towel!

**All Camp members will  
receive a Running Camp  
T-shirt**

*\*\*In accordance with CIF bylaw 207,  
any athlete who transfers from  
School "A" to School "B" after  
having prior contact, during the previous 24 months,  
either directly or indirectly with school "B" prior to  
enrollment shall not be eligible at school "B" for 365  
days from initial date of enrollment. This includes this  
camp, clinic, AAU, club team, and/or workouts.\*\**



**For more information,  
Contact:**

**jasonlienau@cusd.com  
or  
joannavitale@cusd.com**

Name: \_\_\_\_\_

Current School: \_\_\_\_\_

T-shirt size Youth S M L Adult S M L Grade. \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

Phone: \_\_\_\_\_

### In case of emergency notify:

Name: \_\_\_\_\_ Ph \_\_\_\_\_

Name: \_\_\_\_\_ Ph \_\_\_\_\_

### Waiver & Release

As a parent or guardian of the above named participant, I authorize the program director or staff member into whose care. I have entrusted my child, to consent to any x-ray, examination, anesthetic, medical treatment and/or hospital care that may be required. While participating in activities of the Run Like a Champion XC Camp, each participant assumes all risks, consequences and potential liability. The undersigned hereby releases and holds harmless Clovis Unified, its employs, agents, volunteers, and any other persons, firm or corporation, charged or chargeable with responsibility or liability from any and all claims by reason of accident, illness, injury, death or other consequences arising or resulting from participating in the Run Like a Champion XC Camp.

\_\_\_\_\_  
Signature of Parent or Guardian

\_\_\_\_\_  
Date:

### Medical Information:

List any Medical problems the camp directors should be aware of (regular medication, allergies, physical limitations, etc)

### Insurance:

Policy Name \_\_\_\_\_

Policy Number \_\_\_\_\_

Send to: Jason Lienau  
2770 E. International Ave.  
Fresno, CA 93730

OR Bring to camp registration on day 1