



# Silver Star Cross Country Camp

## Middle /High School Cross Country Camp

Come spend a weekend exploring the trails, sprinting up mountains and sweating up the gym. Come learn about what you can do this year to be a faster, fitter, stronger runner. Come have fun – meet new friends, try new things, and play new games. Come eat, sleep, run, and have fun. Inclusive of meals, accommodations, activities. \$400 + GST. Sanctioned by BC Athletics. Register by July 30th.

August 30 – Sept 2: Silver Star Mountain, BC



For more information or to register:  
[www.malindiellmore.com/camps/](http://www.malindiellmore.com/camps/)  
[malindi@trainracepreat.com](mailto:malindi@trainracepreat.com)