

CAMP INFORMATION

The 2026 Greater Cleveland XC Camp is designed for runners of all levels to build strong cross country fundamentals and conditioning. Through group runs, guest speakers, and activities, campers gain skills, confidence, and a deeper understanding of the sport. The camp runs Tuesday, July 21 through Saturday, July 25, from 8:00–11:30 a.m. at Shore Middle School and is open to boys and girls in kindergarten through 12th grade. Training uses school facilities plus a cross country course, miles of bike paths, a Lake Metroparks area, and the Mentor Marsh. Now in its 23rd year, the camp is tailored to each runner's experience and aims to inspire a lifelong passion for cross country.

Miles Run During Camp:

- Beginner (5-12 miles)
- Lower Mileage (15-25 miles)
- Intermediate Mileage (25-30 miles)
- Intermediate Higher Mileage (35-40 miles)
- Highest Mileage (45-55 miles)

Seminars: Nutrition, Flexibility, Goal Setting, Buying Shoes, Race Strategy, Injury Prevention, Philosophy of Training, Mental Preparation.

Food: Daily Gatorade, fruit & bagels, pizza and chocolate milk on race day.

Receive: Camp T-Shirt, Running Socks, and Daily Prizes.

Discount: Second Sole Mentor

Race: 5k race for 9th - 12th graders, 2 Mile race for 5th - 8th graders, 1 Mile race for K - 4th graders on the last day of Cross Country Camp.



8:00am - 11:30am

Shore Middle School • 5670 Hopkins Rd., Mentor

CAMP DIRECTOR

Bill Dennison

Mentor Boys and Girls XC Coach

20 teams to State since 2006

173 All League Runners

19 District Champions

34 All Regional Runners

13 All Ohio Runners

Name: _____

Age: _____ Sex: _____ Grade: (As of Sept. 2026) _____

Address: _____

City: _____ Zip: _____

Phone: _____

School: _____ Coach: _____

Emergency Contact: (Name) _____

Email: _____

Please fill out the following the best you can:

Best times: 800m _____ Mile _____ 2Mile _____ 5K PR: _____

Present training miles (average per day) _____ Miles

Highest mileage ever done in one week _____ Miles

Longest run ever done _____ Miles

Camp group that best describes your running abilities coming into camp week.

____ Beginner (Not much running experience) K-4th grade

____ Middle School (Some running experience) 5-8th grade

____ Middle School - High School (intermediate runner) 8-10th grade

____ High School (Veteran runner or advanced runner) 10-12th grade

Please list any running related injuries you may have had or are currently dealing with:

Shirt size: **Adult:** S M L XL

Youth: S M L

Signature

Parent Signature

Entry and release of all claims – In consideration of the acceptance of my entry in the 2026 Greater Cleveland Cross Country Camp, I undersigned intending to be legally bound for myself, my heirs, my executors, and administrators, waive and release any and all claims for losses and damages I may have against the Greater Cleveland Cross Country Camp, any sponsors, officials and members of the said event and further agree that the above person will be responsible for the loss of personal items from this event. I represent that I am physically fit and have adequately trained to participate in this event, and have full knowledge of the risks involved in this event.

Drop Off or Mail Registration Form to:
**Second Sole Mentor, 8791 Mentor Ave.,
Mentor, OH 44060**

Make checks payable to Greater Cleveland XC

Entries received **before** May 31, 2026 - \$85.00

Entries received **before** July 7, 2026 - \$95.00

Entries received **after** July 7, 2026- \$110.00

NOTE: NO REFUNDS

For additional information go to:

www.gcxcracing.com