



# New Balance DISTANCE CAMP AT LEE UNIVERSITY

**WHEN:** Monday, July 21<sup>st</sup> - Friday, July 25<sup>th</sup>  
7:30am - 10:30am

**WHERE:** Lee University Track & Field Complex

**WHO:** Ages 10 to 18 years old

## What you will receive:

- New Balance 880 or 860 shoes
- New Balance XC backpack
- New Balance dri-fit shirt
- Collegiate coaching
- Educational session everyday

## PRICING

- Early bird pricing before June 30th- **\$220**
- Sign up after July 1st - **\$235**
- Late sign up after July 15th - **\$250**

## About the workouts:

- Variety of different endurance, speed, tempo & threshold workouts
- Improve running form
- Learn how to effectively hurdle a steeplechase
- Learn injury prevention techniques



**SIGN UP:** email [cmorgan@leeuniversity.edu](mailto:cmorgan@leeuniversity.edu)

