

LEARN TO RUN  
THE ROGUE WAY!  
COME HAVE FUN WITH  
ROGUE THIS SUMMER!  
FREE STUFF!  
LEARN TO RUN



Let our elite athletes and experienced coaches show you the fun way to becoming a better athlete and how to get the most out of **your** running!

Over the course of five days, we will lead new Rogues through running basics, race-specific training, shoe fit and tech talks, the process for finding the right shoe, nutrition and training methods while letting you in on the keys to successful running at the high school, college and even professional levels.

This week-long camp is intended for all high school runners (ages 11-18 years).

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## ► DETAILS

**DURATION:** Monday, 8/1 – Friday, 8/5; 7:30am to noon each day

**AGE LEVEL:** 11-18 years

**SINGLE COST:** \$175

**GROUP COST:** \$150 (4+ runners from same school)

**LOCATION:** Rogue Cedar Park  
2800 E. Whitestone Blvd, Cedar Park 78613

**WHAT'S INCLUDED:** Camp booklet, training program, speakers from **Team Rogue Elite**, breakfast everyday, lunch on Friday, prizes throughout the week.

**FREE STUFF:** Every participant will receive a Team Rogue Elite signed photo, an Adidas spike bag, tech tee, socks & water bottle (Valued at \$60)

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[WWW.ROGUERUNNING.COM](http://WWW.ROGUERUNNING.COM)