

**Returning for
summer #4 !!!!**



Clarinda XC camp

August 5-7, 2022

(3 days/2 nights)



**8267 30th Ave
Norwalk, Iowa**

Register online

[**www.bridge23.com**](http://www.bridge23.com)

Registration now open!

Early bird

discounted pricing

\$240 per runner thru Feb 28

\$255/runner starting Mar 1

Registration includes:

3 days of running, learning and fun

2 nights of lodging/camping

All meals, snacks, drinks provided

Guest speakers/coaches

Enjoy onsite activities such as:

Full court basketball

Sand volleyball

Swimming/water games

Biking

Fishing

Kayaking

Canoeing

Ladder Ball

Badminton

Billiards

Air Hockey

Foosball

Ping Pong

Dart Boards

Board and card games

Bonfires



Bridge 23 is a 23-acre property located 12 miles south of the West Des Moines Jordan Creek mall. The property is highlighted with a **large log cabin & a 7 acre pond.**

Runner's paradise!

- Grass trails around the pond
- 3 gravel roads with hills
- Famous, Great Western Trail, a 16 mile bike/running trail that downtown Des Moines/Gray's Lake located at driveway of property
- Nearby high school track

Sample running education topics:

- Motivation, Inspiration
- Goal setting
- Training principles
- Nutrition – before races, recovery, hydration
- Newbie runner mistakes to avoid
- Shoes, spikes, clothing selection
- Stretching and yoga
- Injuries – prevention, treatment
- Race preparation