

## **Blue Mountain Cross Country Camp Running Information**

We'd like to collect a little information on your cross country goals for the season as well as how much training you've been doing this summer so we can customize our program to your targets.

2009 Best 5k Time: \_\_\_\_\_ 2009 Best Mile time: \_\_\_\_\_

2009 Goal 5k Time: \_\_\_\_\_ 2009 Best 2 Mile time: \_\_\_\_\_

Average miles/week run this summer: \_\_\_\_\_

What do you hope to get out of Blue Mountain Cross Country Camp in 2009?

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