



CORPUS CHRISTI  
**PARKS &  
RECREATION**



# Cross-Country Running Camp

Only  
**\$30**

per person for  
the Summer

Camp shirt  
will be  
provided

Runners will explore trails within the Corpus Christi Parks system. Workouts will be experience- and age-appropriate as well as provide short- and long-distance training to improve fitness, speed, and endurance while having fun. Runner will need to provide their own towel for ground exercises and a water bottle to stay hydrated each day.

For more information:  
**Call 826-3588**

**For Youth Ages 10-17  
Join this Exciting and Fun Fitness Program!**

**June 16–July 23, 2022**

**Thursdays, 6pm–7pm at Salinas Park**

**Saturdays, 7:30am–8:30am at West Guth Park**

**Training provided by:**

**Gabe Lucido, USATF Certified Coach with VFit**

**JJ Garza with South Texas Roller Running Club**

**Register Online** at <https://register.ccparkandrec.com/>

**now through June 16** for \$30/summer/person.

Registration now to hit the ground running!

**Live. Learn. Play! [www.ccparkandrec.com](http://www.ccparkandrec.com)**

The City of Corpus Christi promotes participation regardless of race, color, national origin, sex, age, religion, political belief, or disability. Reasonable accommodations are provided upon request and in accordance with the Americans with Disabilities Act. For assistance or to request a reasonable accommodation, please call 361-826-3460 at least 48 hours in advance. Upon request, this information can be available in large print or digital file.

