



# BC Endurance Project Whistler Cross Country Training Camp



**August 23rd – 26th, 2018  
Whistler, BC**

**Spaces are limited – Register today!**

At the BC Endurance Project Cross Country Training Camp you will become a better, faster, and smarter athlete. You'll leave camp with increased running knowledge, new friends, and an enhanced love for the sport! Highlights include:

- Training under the country's best coaches & athletes
- Training and Sleeping at Whistler's world class venues and facilities
- Education sessions in Mental Performance, Sport Nutrition, and Strength & Conditioning
- Making new friends and having fun!

**Dates:** August 23-26, 2018

**Location:** Whistler, BC

**Age Eligibility:** High-School Aged Athletes

**Accommodations:** Whistler Athletes' Centre

**Cost:** \$450/Per Person (Includes All Meals & Accommodations)

**Non-BC Athletics Members:** Additional \$15.75 Surcharge

Register at: [www.trackiereg.com/BCEPXCCAMP](http://www.trackiereg.com/BCEPXCCAMP)

Deadline to register is July 20th, 2018 @ Noon

*Sanctioned by BC Athletics*



## About the BC Endurance Project:



The BC Endurance Project (BCEP) is a select group of high performance distance runners residing and training in the Vancouver area. Under the guidance of coach Richard Lee the group has achieved great success highlighted by Olympians Dylan Wykes and Lucas Bruchet, and World Championship Team Members Rachel Cliff & Geoff Martinson.

Over the past few years the BCEP has produced:

- Over 50 BC Championship podium finishes
- Over 30 Canadian Championship podium finishes
- 7 Canadian Champions
- 23 National Team Members
- 3 Olympians
- 2 Canadian Records

If you are interested and want more information, please email Chris Winter, BC Athletics Track & Field Technical Manager at: [chris.winter@bcathletics.org](mailto:chris.winter@bcathletics.org)

## Contact Us:

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Development - Performance - Excellence



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