Camp Location

Instructional Staff

Robert "Moe" Morris
- Head coach Shepherd College men's & women's cross country (1999-2002)
- 18 years cross country coaching experience
- Former XC coach at Martinsburg HS (1984-90) and Clear Spring (MD) HS (1992-98)
- 5 WVIAC All-Conference honorees at Shepherd
- 2 NCAA II Coaches Association All-Academic Honorees (2002)

John Grim
- Head coach Linganore (MD) HS boys & girls cross country
- MD State Runner-up (2000)
- Four-time Frederick County (MD) XC Coach of the Year
- Member Frederick County Sports Hall of Fame

Nancy Specht
- Head coach Clarke County (VA) HS boys & girls cross country
- 24 years experience as boys and girls head track coach
- VA State Champion XC Team (1999)
- VA State Runner-up XC Team (1998)

Kristy Johnson
Special Guest Instructor
- Runner-up at 2000 USA Olympic Trials marathon
- Head coach North Hagerstown (MD) HS boys & girls cross country

Coach Moe Morris's Championship Running Cross Country Camp
August 5-9, 2002

High School Boys and Girls at Shepherd College Home of NCAA II Men's and Women's XC
The philosophy behind our camp name (Championship Running) is derived from the quality of staff and instruction that will be presented. All of our coaches and speakers have developed "champion" teams and runners in their careers. Our mission is to instill this desire to "run like a champion" in each of our campers. Most importantly, we want all of the participants to gain some measure of personal satisfaction and self-confidence from our camp... and to have FUN!

What will be provided:

- Daily varied training sessions based upon ability levels
- Daily instructional sessions
- Experienced, successful staff of instructors
- Motivational guest speakers
- Swimming pool training and injury rehabilitation techniques
- Sports drinks and snacks
- On-site athletic trainer
- Insurance coverage
- FUN!