



# 2017 Junior Championship Training Academy Running Camp

Charlie Kern, Director  
Lynne Kern, Supervisor



For kids entering 2nd - 5th grade

Mondays, Wednesdays, Fridays

Session 1: June 12th - 30th

Session 2: July 10th - 28th

Register for one session or both

**Junior Championship Training Academy Running Camp** is a co-ed summer running program for kids entering 2nd - 5th grade. In a fun and supportive environment, runners will develop speed, endurance, and other skills that will help them excel in sports and activities.

### Experience and Leadership

Coach Kern has coached boys and girls at the middle school, high school, and junior college level since 1991. He is the current head cross country and track coach at York High School.

Lynne Kern ran competitively middle school through college. In high school, she was a two time all-state athlete in cross country and ran in the NCAA cross country championship three times while at the University of Kentucky. She coached several state qualifiers in track and cross country at the high school level for Plainfield Central. For four summers, she directed an Elmhurst Summer Running Club for kids 1-10 years old. One of her favorite accomplishments is starting the running club at Jefferson Elementary School,

### Schedule and Location

Session 1: June 12th - 30th

Session 2: July 10th - 28th

Mondays, Wednesdays, Fridays

8:00 AM - 9:00 AM

Wild Meadows Trace

York Rd and the Prairie Path, Elmhurst

### Cost and Features

\$100 for one session (3 weeks)

\$150 for both sessions (6 weeks)

Fee includes:

- Running instruction 3 days per week led by Lynne Kern and accomplished local runners
- Proper running form, introduced through games and fun drills
- Beginner level core strength concepts
- Free injury screening at Olympia Chiropractic
- Runners who participate in **both sessions** will receive a running t-shirt

**Space is limited to 150 participants.  
Register early to reserve your spot.**

## Register and Pay

Register [HERE](#) first

Then pay one of three ways:

SquareCash



OR

Venmo



\$ckrunning1

@ckrunning1

**OR** send a check payable to CK Running to:  
P.O. Box 74 - Elmhurst, IL 60126