

WINDSOR CROSS COUNTRY – SUMMER 2025 OPTIONS

(1) Summer “Start Up” Day Camp

WHO IS THIS FOR: middle & high schoolers that are beginners or novice runners or those who just need to get back into running shape after taking some time off.

WHAT DOES IT ENTAIL: gentle & personalized introduction to distance running and competitive cross country – a fun way to jump-start your summer training for a summer-end 5K road race and/or the interscholastic cross-country season with experienced coaches and elite athlete counselors.

Modules: short intros to running safely, nutrition/rest/ recovery, training paces, running form, warm up and stretching, strength and technique drills, mental approach, competitive strategy. You get a personalized running form video analysis and summer-long training plan. After completion, you may decide you’re ready to join in with more experienced runners on summer meet-up training runs.

WHEN: 8:45am – 9:45am, 4 days a week. 2 sessions: Session 1 - Monday June 23- Thurs June 26; Session 2 - Monday June 30 – Thursday July 3

COST: \$59 for one session, \$89 for two sessions – contact Coach Ruben DiRado (rodirado@gmail.com, 707-799-7218)

(2) Summer Meet Up Training Runs

Informal meet ups with runners of your ability level for 25 to 60 minute-long training runs (free!) at a variety of local spots. Held in the morning daily from Mon-Sat – from last 2 weeks of June through first week in August. Includes a few Saturday destination runs (like Bear Valley Trail in Point Reyes), More info regarding where/when will be found on windsorhighrunning.com as we get into June

(3) 2025 Humboldt Running Camp (5 days / 4 nights)

Monday, July 28th through Friday, August 1st, 2025



Location: (YMCA Camp Ravenclyff, Redway, CA). Direct access to Eel River recreation and short drives to old growth Redwoods running trails!

Cost: \$275 per athlete. This includes transportation, camp-shirt, lodging, and meals (breakfast, lunch, and dinner).

Program: Enjoy connecting with fellow runners and get prepared for the upcoming season! Camp staff includes 2 adult coaches plus a registered nurse, plus some additional parent volunteers depending on total camp numbers. Our time will be a mix of open recreation, structured group activities, and of course – running! (Ranging from 4 miles to up to 10+ miles total in a day)



Logistics: leaving Windsor HS at 10am on Monday. Will leave camp early on Friday – should be back to WHS by 1:30pm.

Registrations: fee and medical/indemnity form due to Ruben DiRado (rodirado@gmail.com, 707-799-7218) by July 11.