

Returning for  
summer #2



**Newton XC camp**  
**Aug 3-5, 2019**



**8267 30<sup>th</sup> Ave**  
**Norwalk, Iowa**

Register online

[www.bridge23.com](http://www.bridge23.com)

**Registration now open!**

**\$180 per runner\***

**\*until May 31<sup>st</sup>, \$200 after**

**Registration includes:**

3 days of running, learning and fun  
2 nights of lodging/camping  
All meals, snacks, drinks provided  
Guest speakers/coaches

**Enjoy onsite activities such as:**

Full court basketball  
Sand volleyball  
Swimming/water games  
Biking  
Fishing  
Kayaking  
Canoeing  
Ladder Ball  
Badminton  
Billiards  
Air Hockey  
Foosball  
Ping Pong  
Dart Boards  
Board and card games  
Karaoke  
Bonfires



Bridge 23 is a 23-acre property located 12 miles south of the West Des Moines Jordan Creek mall. The property is highlighted with a **large log cabin & a 5 acre pond.**

**Runner's paradise!**

- grass trails around the pond
- 3 gravel roads with hills
- Famous, Great Midwestern Trail, a 16 mile bike/running trail to downtown Des Moines/Gray's Lake located at driveway of property
- Nearby high school track

**Sample running education topics:**

- Motivation, Inspiration
- Goal setting
- Training principles
- Nutrition – before races, recovery, hydration
- Newbie runner mistakes to avoid
- Shoes, spikes, clothing selection
- Stretching and yoga
- Injuries – prevention, treatment
- Race preparation