

Centerville Cross Country Camp Successful In Its Sixth Year

Last week the Centerville Girls Cross Country team hosted nearly one hundred campers when it hosted the 6th annual Elementary and Middle School Cross Country Camp. The camp was sponsored by Up and Running, a running specialty store in Centerville. The camp was designed to raise an awareness of the sport of cross country, teach basic training routines, and allow the athlete to enjoy the benefits of running through a positive and rewarding experience.

This year the camp was split between returning and first-year runners. Camp director and Centerville Girls Cross Country Head Coach David Dobson stated, "we had some outstanding runners this year including two runners who set race records." Campers were taught about running topics such as warming-up, running form, hill running, and pacing. "We had a great week. The kids had a terrific attitude and brought smiles on their faces each day," said Dobson. The camp concluded with a 1K and 2K race for elementary and middle school runners respectively. The top 5 boys and girls from each are listed for you below.

Elementary Girls:

1. Michelle Garrison - 4:16 (New Record)
2. Brooke Flory - 4:24
3. Korrina Lakes - 4:37
4. Yun-knung Kim - 4:51
5. Kelly Walsh - 4:52

Elementary Boys:

1. Hunter Smith - 4:14
2. Tyler Smith - 4:17
3. Corey Dunham - 4:32
4. Daniel Moell - 4:38
5. Jordan Kimbrell - 4:41

Middle School Girls:

1. Austin Borton - 8:46
2. Alex Henning - 8:47
3. Alexa Jennings - 9:07
4. Haley Trouten - 9:29
5. Elisabeth Lewis - 9:37

Middle School Boys:

1. Josh Stieble - 7:29 (New Record)
2. Danny Berling - 8:35
3. Covey Emmert - 8:36
4. Evan Paul - 9:00
5. Timothy Kelleher - 9:14

The camp is tentatively scheduled to begin next summer on Monday, July 27, 2009.