



# 8th Annual **ROYALS** **RUNNING CAMP**

**June 1-4, 2026**

**BOYS & GIRLS ENTERING 3RD-9TH GRADE**

**TIME: 7-9 P.M. - RICHLAND HIGH SCHOOL**

5201 Holiday Lane E., NRH, TX 76180

## **Areas of Focus:**

- Sprints, Middle/Long Distance & Field Events
- Proper Running Form & Training Methods
- Pacing & Race Strategies. Injury Prevention
- Proper Warm-Up & Cool-Down Drills
- Leadership & Team Building

**Complete the registration online:**



Cost : \$75 per runner.  
\$50 if attending with a sibling.  
\$50 if BISD employee.

**<https://forms.gle/KhR6saTLJW8cigF28>**

Payment options: Cash, Check (checks made to Mark Ashley)

Venmo (@Mark-Ashley-10). Mail to: Mark Ashley

7033 Hovenkamp Ave, Richland Hills, TX 76118

**Questions?** Email [mark.ashley@birdvilleschools.net](mailto:mark.ashley@birdvilleschools.net)

\*Attendance or participation at a Birdville ISD summer camp does not ensure or indicate acceptance to attend BISD schools through the district open enrollment process. Families interested in attending Birdville ISD should complete the Open Enrollment application and meet all corresponding requirements.

