

# MOUNTAIN RIDGE

CROSS COUNTRY

## SUMMER RUNNING CAMP 2026

May 25 – August 7 · Mountain Ridge High School

Starting Monday, May 25th @ 5:30 AM

### DETAILS

**WHO:** 6th – 12th Grade  
**WHEN:** May 25 – August 7, 2026  
**TIME:** 5:30 AM – 7:30 AM

### SCHEDULE

#### HIGH SCHOOL

Monday – Friday  
Fridays: Off Campus  
(Locations TBD)  
Strength: Tue & Thu  
8:00 – 9:00 AM

#### 6TH – 8TH GRADE

Mon, Wed & Thu  
5:30 – 7:30 AM

### COST

High School: \$200

6th–8th Grade: \$150

### INCLUDED

- T-Shirt
- Running Activities
- Classes & Speakers
- Team Building Activities

### COMMUNICATION

High School: Band App | Middle School: Remind App **Text @runridge to 81010**

### SCAN TO GET STARTED



Register  
on GoFan



Join  
Band App



Athlete  
Profile Form



Camp  
Waiver

Questions? [mitchell.moses@dvusd.org](mailto:mitchell.moses@dvusd.org) | [ridgexctf.com/camps](http://ridgexctf.com/camps)

"Your GREATNESS is limited only by the INVESTMENTS you make in YOURSELF." — Grant Cardone