Nike Running Camps Celebrating 10 years with Oberlin College Cross Country Camps

The Oberlin College Cross Country program and the Nike Running Camps celebrate their tenth-year anniversary this summer with their announcement of the 2019 camp dates, July 14-18.

SAN RAFAEL, Calif. (PRWEB) February 15, 2019 -- The Oberlin College Cross Country Program is held on the campus of this great college. High school runners are invited to train, eat, and live the life of a student-athlete. Campers will have access to some of the same trails as Oberlin’s team, preparing them for their upcoming cross country season. Oberlin was recently ranked as the 30th best national liberal arts college and supports outstanding athletic teams.

Director of Cross Country and Track & Field Coach Ray Appenheimer directs this truly unique program. “The Nike Running Camp we host is one of the highlights of our year. Getting to work with kids from all over the country and helping them achieve their goals is such a treat for me and my staff,” says Appenheimer. “The kids work hard, learn a lot, and have a ton a fun at camp. I couldn't be happier to continue this relationship with Nike and US Sports Camps!”

Entering his 16th season at Oberlin, Appenheimer has built Oberlin’s cross-country program into perennial powers in the nation, region, and the North Coast Athletic Conference. Appenheimer is an accomplished coach and runner, having competed in college winning five NCAA All-American awards in XC and track and as a runner for the Nike Farm Team in Palo Alto, CA. He won the national title at the 1999 United States Cross Country Championships and followed up with a win in the 3,000 meters at the 2000 USATF Championships. Appenheimer represented the United States at the 1999 World Cross Country Championships in Belfast and the 1999 World University Games in Majorca, Spain. He qualified for the 2000 United States Olympic Trials in the 5,000 meters with a time of 13:28.99.

“It has been a real pleasure working with Coach Appenheimer all these years,” says Jan O’Connor, Executive Vice President of US Sports Camps. “Ray and his staff bring their experience, extensive knowledge and love of this great sport to camp. The Oberlin XC Camp receives rave reviews year after year, we are so fortunate to have this camp is our network.”

The curriculum consists of educational lectures given by coaches on topics such as pre-season training, injury prevention, nutrition, strength training, and recovery. The camp is open to overnight and day campers, ages 10-18.

About US Sports Camps

US Sports Camps (USSC), headquartered in San Rafael, California, is America's largest sports camp network and the licensed operator of NIKE Sports Camps. Celebrating over 40 years, the company has offered summer camps with the same mission that defines it today: to shape a lifelong enjoyment of athletics through high quality sports education and skill enhancement.

Players, coaches, parents and others interested in the 2019 Nike Running Camps can visit www.ussportscamps.com/running or call 1-800-645-3226.
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