



2026 HRRAY CROSS COUNTRY COACHING CLINIC

FEATURING DENISE WALKER BROWN

Meet Schedule

Stretching

Strength & Conditioning

Training Tips

League Rules

Team Management

Meet Registration

Plus More



Sunday, August 30, 2026

Arcata Community
Center

RSVP @

HRRAY707@GMAIL.COM

This event is for coaches and parent volunteers. This clinic is not intended for athletes.

