Northgate Summer Running 2026
June 8th - July 24th
Open 6 - 12th Graders, No Experience Necessary
8 - 10:30 AM Mon - Fri, Northgate High School Track

This program is open to all community members wishing to improve their running skills, anyone brand new to the sport, or to those building mileage before their high school or club season.

Features of this program include:

- Instruction in running form using drills, wickets and other calisthenics.
- A strength and conditioning program in the weight room.
- Yoga based movement to assist in running form by Abel Romero.
- We will learn the trails around Shell Ridge, Lime Ridge and Castle Rock Park as well as the extensive flat canal paths in Walnut Creek.
- All students can earn mileage incentive shirts
- *To be eligible for the 100 mile shirts, we ask the students to track their mileage on the Strava App by joining the Castle Rockers club (https://strava.com/clubs/carock).
- There will also be a program of fun and social events such as pool parties, movie outings and pop up post practice breakfasts, and a couple of racing opportunities so attendees can see progress.
- An Alumni race at the end of Summer, open to all runners, their families, alumni and friends from the community.

Coaches

Coaching staff will be led by seasoned professionals from Northgate's highly successful Cross Country and track programs and alumni of the program:

TOP ROW L to R

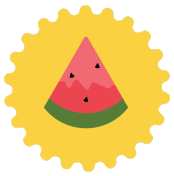
- **Ruth Seabrook**, Head Coach, Cross Country, preparing for her 15th season. 2019 California NCS Coach of the year.
- **Rebecca Carcamo**, Distance Coach NG Track team, Alum, All American and Hall of Fame entrant Occidental College.
- **Ella Kopper** Alum, 4 X 800m record holder, former Captain of the Cross Country Team and Track teams, USC student
- **Sophia Carcamo**, Alum, 10k record holder NG Track, former Captain of the Cross Country Team and UCLA club athlete, sub 3 hour marathoner.

BOTTOM ROW L to R

- **Jennifer Hoogesteger**, Cross country coach, Heads up Distance Group in Track, Group Fitness and Personal Fitness Trainer, Bay Club, Distance runner, record holder and Montana University Hall of Fame entrant
- **Cody Davis**, Head Coach, Cross Country, Distance coach in Track, ten years coaching at NG and Middle School Teacher at Foothill.
- **Peter Ceresa**, Cross Country Coach for 11 years, former Mid distance NG Track Coach, and Math teacher at Northgate.
- **Abel Romero**, Doctor of Physical Therapy, movement coach and yoga teacher.

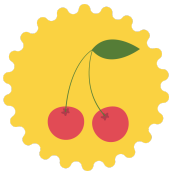
Payment
There are several options for **payment** for the program to allow for flexibility. We strongly advise that brand new runners choose an option that allows for them to attend 3 days a week initially as their bodies adjust to the rigors of distance running. Monday, Wednesday and Friday work best for new runners if possible.

The First Day is Free!
All new runners have the chance to sample the program free of cost for one day to see if they enjoy it



Watermelon Level
$275
This is for a returning runner who knows they will be around for most of the summer and will be attending all 7 weeks.

Cutie Level
$200
For 20 days of summer running spread in any way you choose over the 7 weeks, perfect for a new runner coming around 3 days a week or a student who is gone for several weeks of the summer.



Cherry Level
$55/week or $12/day
This would suit someone brand new who wasn't sure they wanted to commit to more than a week or a few days - this can later be applied to Cutie level if the student wants more

Payment & Waiver
TO SECURE A SPOT EMAIL ruth_seabrook@comcast.net and we will send you a waiver to fill out and invite you to join Team Snap, our communications tool. Send payment by check made out to "Northgate Athletic Boosters" . Either mail to Ruth Seabrook at 951 Cheyenne Drive, Walnut Creek, CA 94598 or bring cash or checks to summer running and give to the coaches. If you prefer to pay by credit card there is a Revtrak link at the site below:

Boosters Credit Card Link

Races
Students are invited to come and race with the team at the Firecracker 5k in Pleasant Hill on 4th July and at our end of summer celebration, a 2.2 mile race on August 1st, called the Alumni Race held in Castle Rock Regional Park.

Additional Camp
We have a sleep away camp at Point Reyes from Monday 27th - Weds 29th July. This carries an additional cost and is open to incoming 9th graders and upwards. The camp is intended as team bonding for all those joining the cross country team.

Equipment Needs
All campers are expected to arrive hydrated, and to have had breakfast an hour prior to the camp with the following equipment:

1. A well fitted pair of running shoes, we can not stress this enough (we recommend Forward Motion in Danville for fittings)
2. A refillable water bottle
3. Any kind of watch, preferably with GPS but a standard sports watch will do
4. Light shorts and tee shirts
5. Sunscreen