

2026 Run Free – Running and Training Camp

\$175 per runner (T-Shirt Included) – “More than just Miles” – 5 weeknight training sessions

Conducted by Neenah High School’s Head Girls Track and Field Coach Kelly Ellington

Each training session is designed around the program’s core values — supporting participants in both physical and mental growth, while fostering self-motivation and empowering them to create their own personalized post-training plan.



Neenah Middle School – Host Site



All sessions are 75 minutes and will run regardless of weather, with indoor space available if needed.

Group Session times

- Grades 4–6: 5:30–6:45 PM
- Grades 7–8: 7:00–8:30 PM

Schedule & Dates of Instruction

Thursday, June 11: Introduction & training plan development

Tuesday, June 16: Respect & accountability

Thursday, June 18: Flexibility & passion

Tuesday, June 23: Teamwork & communication

Thursday, June 25: Finalizing an individualized training plan

Register with the QR Code



Our goal is not only to improve performance, but to help young runners:

- Build confidence and self-discipline
- Develop strong foundational habits
- Experience the positive culture of running early

Please contact program director Kelly Ellington on questions about this program – ellingtonk73@gmail.com

Groups/Team Discount available for 8+ participants – please email Coach Ellington about those details on pricing

Run Free builds confidence, technique, and a love for running through fun, supportive training, with a focus on injury prevention.