



Blue Ridge Running Camp 2011



Blue Ridge Running is now entering its 26th year. For the 20th consecutive year the camp is based on the campus of Eastern Mennonite University in Harrisonburg, VA. Harrisonburg, located at the very heart of the historic and beautiful Shenandoah Valley, provides easy access to both National Forests and Parks. Blue Ridge Running Camp is open to any and all rising 7th graders through 12th graders.

Typical Daily Schedule –

- ◆ Two runs a day: a morning wake-up run from the E.M.U campus and an afternoon run on trails in the national forest for the distance camp and for sprinters they will spend the afternoon on the track.
- ◆ Morning discussion groups will cover training, racing tactics, team dynamics, nutrition, and other topics.
- ◆ Early afternoon "learn by doing" sessions include running drills, mental preparation, circuit training, and other ideas to improve your training.
- ◆ Morning and evening recreation periods feature beach volleyball, indoor and outdoor basketball, ping pong, pool, foosball, and a large contingent of serious card players.
- ◆ The evening program has always been entertaining, emotional, and motivational.

The facilities are first-rate, the trails are beautiful and challenging, but it's the people involved that make Blue Ridge Running a great camp. The staff includes outstanding high school and college coaches and elite athletes that care and want to make a difference. Camp directors are

- ◆ Ron Helmer, Indiana University
- ◆ Pat Henner, Georgetown University
- ◆ Gene Walker, Marion High School

Camp Dates: Sunday, July 24 – Friday, July 29

How to register for camp:

You must go to www.blueridgerunningcamp.com to download the registration form. Then follow the steps below:

1. Click on the form and save the 2011 BRRC Application to your computer.
2. Fill out the 2011 BRRC Application completely.
3. Print form and make sure parent/guardian signs appropriate areas.
4. E-mail registration form to blueridgerunning@hotmail.com
5. Mail signed registration form, copy of insurance card, and \$100 deposit to
Blue Ridge Running Camp
8667 S. Strain Ridge Rd.
Bloomington, IN 47401

For all other information on the camp please visit our website at www.blueridgerunningcamp.com