

2005

metro run & walk

Capon Ridge Running Camp

sponsored by Nike

featuring Alan Webb

July 17-22, 2005

Yellow Spring, WV

Join Alan Webb, 2004 Olympian and U.S. National 1500 meter Champion, for a great week of training!!

The 2005 Metro Run & Walk Capon Ridge Running Camp is designed to give cross country athletes (ages 13-18) an opportunity to run in a beautiful setting while meeting other cross country runners, learn from an experienced staff comprised of college athletes from William & Mary, Richmond, James Madison, University of Virginia, University of Miami (Florida), Georgetown, American U, Longwood, and others. The camp will feature excellent speakers (including Juli Henner, Georgetown middle distance coach and 1996 Olympian and Alex Gibby, head men's cross country coach at W&M) All runners will have loads of fun and experiences which will be remembered forever.

Facilities:

Concord Retreat is nestled in the Capon Valley region of West Virginia. There are miles of off road trails and grass fields connecting from the camp. The camp has 4 separate air-conditioned dorms (two boys and two girls), a large dining hall, a large game room, outdoor amphitheater, assembly room, ropes course, paintball course, obstacle course, and an outdoor swimming pool.

Housing:

Housing is in four air-conditioned dorms (2 boys and 2 girls) on the 175 acre campus. Campers are housed 4 per room with approximately 30 campers per dorm

Directions:

Approximately 90 miles west of Washington, DC.
Directions can be found at www.concordretreat.com

Costs:

\$395.00 (\$360 if full amount is received by March 19, 2005) Full refunds will be issued if notification is given prior to May 1, 2005. After May 1, a \$100 processing fee will be applied to all refunds. No refunds after June 15, 2005. Additional information will be sent out in April once application is received. Cost includes lodging, 3 meals per day, camp t-shirt, bag from Nike, Nike giveaways, water bottle. Cost will also include speakers, individualized coaching, video analysis, and much more!

Make checks payable to Metro Running Inc.

For additional information email caponridge@yahoo.com or call (703) 264-7444

Sample Daily Schedule

First Day (Sunday, July 17)

1:00 PM- 3:00 PM	Registration
4:00 PM	Welcome
6:00 PM	Dinner
7:30 PM	Evening Session

Typical Day (Monday-Thursday)

7:00 AM	Wake Up
7:15 AM	Morning Run
8:30 AM	Breakfast
9:00 AM	Free
10:30 AM	Session I
12:30 PM	Lunch
1:30 PM	Session II
2:45 PM	Free
3:45 PM	Afternoon Run
6:30 PM	Dinner
8:00 PM	Evening Event (skits, concert, dance, bonfire, etc.)
11:00 PM	Lights Out

Final Day (Friday, July 22)

7:00 AM	Wake Up
7:15 AM	Morning Run
8:30 AM	Breakfast
9:30 AM	Closing
10:00 AM- 11:00 AM	Check Out

Morning Runs:

The morning run will usually be a light run with stretching.

Afternoon Runs:

The afternoon runs will include longer distance runs, introductions to tempo runs, fartleks, hill running, and other modes of training. Speed and form drills will be introduced, as will general strength exercises. There will be videotaping and analysis done during these periods.

Free Periods:

The time will be open to the campers for whatever activities they choose to do. Options include nap time, pool time, paintball, ropes course, obstacle course, game room, soccer, flag football, etc.

Evening Events:

The evening events will be fun for each camper. Each night will be a different event such as a group skit night, a concert in the amphitheater, bonfire, and a dance.

Meals:

The nutritious, runner-friendly meals are prepared by a chef with over 25 years in the restaurant industry.

Store:

There will be a camp store open a few times daily with a variety of snacks and drinks. There will also be a running specialty store on the final day with a variety of running needs for the upcoming XC season, including training shoes, spikes and apparel.

Registration Information

Name: _____

Address _____

City: _____ St: _____ Zip: _____

Phone: _____

Email Address: _____

Parent Name: _____

Parent Email: _____

High School _____

Grade (Fall '05) _____

Gender Male Female

T-Shirt Size XS S M L XL

Return Registration form to:

Capon Ridge Running Camp

c/o Metro Run & Walk

P.O. Box 3090

Falls Church, VA 22043

All information is required in order to process this application

You must send proof of medical insurance with application (A photocopy of the front and back of the campers medical insurance card is required)

Please do not bring valuables, electronics or large sums of money. The camp will not be responsible for lost or stolen items

Waiver/Medical Consent:

I hereby state that my child is in good normal health, and has my permission to participate in all camp activities. In the event of injury or illness, I authorize the staff of Capon Ridge Running Camp to act for me in securing medical treatment. Registration in Capon Ridge Running Camp requires that a parent/guardian sign below to agree that in case of accident or injury while attending camp, they release the camp, the coaches, counselors, and any associated parties from any and all liability. Further, I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for legitimate purposes.

Each participant is required to carry personal medical coverage.

Signature of Parent

Date