

Sponsored by:
University of Rio Grande
Athletic Department

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Camp Highlights

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- All training will be tailored to the individual and the team set up by their coaches. Athletes without coaches will have mileage levels consistent with current training levels.
- This is a team camp. Coaches are encouraged to bring their whole team for a chance for great running, team bonding, and education. Coaches will be given great flexibility in the weekly schedule based on their individual team needs.
- Any coach bringing 5 or more runners will be able to attend for free. Teams will get a \$25 discount per individual
- Daily lectures on topics such as training theory, racing strategies, improving strength, mobility, and flexibility, nutrition, prevention & care of injuries, proper warm-up & cool-down, and the selection of proper footwear and running gear unique to each runner.
- Individualized instruction using video for form analysis
- Instruction on and completion of Season goals
- Current literature and videos on running motivation, and training. Guest speakers and films of championship competition.
- Instruction on weight training programs for distance runners.
- 20 miles of single track trails on campus

University of Rio Grande
July 21-26 2024

TEAM
Cross Country
Camp



RIO
CROSS COUNTRY

The Camp

The objective of the camp is to increase the knowledge and standards of distance running among people of all ages. The camp is designed to provide current knowledge in distance training and racing techniques, to benefit the runners for the rest of their lives.

Supervision will take place on area roads, trails, grassy areas and our track. Rio Grande is located in scenic southeastern Ohio and is ideally suited for distance running. "It is one of the best places to train for distance running in the U.S.," stated Arthur Lydiard on his visit to the area a few summers ago.

What to Bring

Adequate clothing for one week. Running gear should include at least two pairs of broken-in running shoes, four complete sets of running apparel, socks, warm-up suits and other necessary equipment for comfortable distance running. Runners should bring towels, washclothes, sheets, pillows, soap and other toilet items. Also bring swim suits and PLENTY OF ENERGY!

Location

Rio Grande Cross Country Camp is nestled in the foothills of the Central Appalachian Mountains on University of Rio Grande campus. Rio Grande is located on U.S. 35 approximately halfway between Charleston, WV and Chillicothe, OH

Date

Sunday July 21 (2pm)- Friday July 26 (11am)
Possible additional weeks based on response

Cost

The cost is \$325 per week for each runner. This is a team camp! If you have a team, your coach will be allowed to come for free for the week and individuals will be charged \$25 less due to the increased supervision and services their coach will provide. (They won't need a separate counselor or workout coordinator) This fee includes the cost for room and meals, recreation facilities, staff, guest speakers, handout material and liquid refreshments. A \$25 deposit is required with the return of the application. The balance is payable by May 1, 2024. Refunds will be made only if requested before July 1.

Registration

Registration is online at www.tristateracer.com./riocamp. You may also call coach Paxton for extenuating circumstances that will require you to mail registration.

Other notes

This camp will have approximately 200 campers per week and we will open additional weeks as we fill up. Please register early!

Runner's Full Name _____ Birthdate _____

Address _____ Home Phone _____

City _____ State _____ Zip _____

School Attending _____ Year in School _____

Sex: Male Female _____ Roommate _____

Personal Best _____ 300 Meters _____ 1600 Meters _____ 3200 Meters _____

_____ 5000 Meters _____ 10,000 Meters _____ Marathon _____

Signature of the runner _____

Parent or Guardian _____