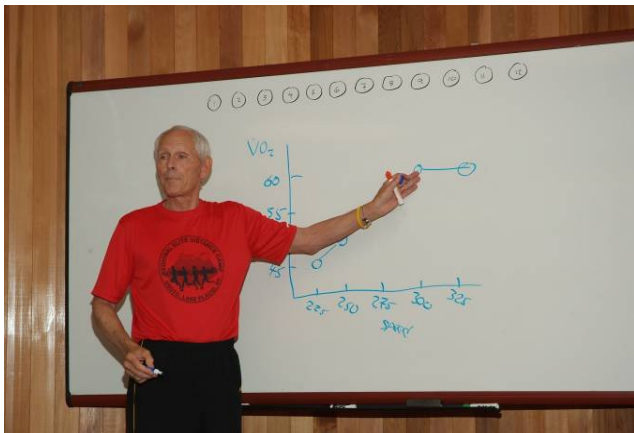


Eastern Regional Elite Distance Camp, LLC



Dr. Jack Daniels discussing Threshold training

You have been chosen to participate in the Eastern Regional Elite Distance Camp because of your high finishes in Sectional, and/or Regional competition. In addition, recommendations from your Sectional or State Coordinators, who know you, have been sought to verify your interest, and desire to be coached, in developing our running career.

Since the Eastern Regional Elite Distance Camp is highly selective, and limited in its number of participants, your prompt compliance with the application process is critical in securing your place in the camp.

It is the goal, and the commitment, of the Eastern Regional Elite Distance Camp to create greater interest in higher-level training for the elite junior male and female runners (those less than 20 years of age) in the Northeast region of the United States by developing this Eastern Regional Elite Distance Camp at the U.S. Olympic Training Center in Lake Placid in the High Peaks Region of the Adirondack Mountains.

The concept behind this Eastern Regional Elite Distance Camp is to develop elite male and female runners of this region through their early high school years, and beyond, as a primary, early-Olympic developmental program for young distance runners.

Training at higher altitudes in the High Peaks Region of the Adirondack Mountains with its 46 peaks over 4000 feet and at the Mt. Van Hoevenberg Recreation Area offer the most ideal training venues in the Northeast United States for endurance training.

Having the Eastern Regional Elite Distance Camp at the U.S. Olympic Training Center in Lake Placid allows us to train in the nearby mountainous area, The High Peaks, and at the same time to use the facility itself for further training and learning; in addition, we will be able to study the biomechanics of each athlete through videotape analysis. We will room and board at the Olympic Training Center with three to four athletes per room with private bath and shower.

The camp will have an athlete-to-coach ratio of 4:1, with many regional, as well as national-level coaches participating. In addition, several nationally known clinicians will conduct lectures and seminars on various training methods, physiology of endurance training, injury prevention and treatment, as well as leading discussions on various aspects of the lifestyles of the emerging elite athlete.

Since the first camp in April of 1991, four thousand athletes from the Eastern Seaboard of the United States have come away with a greater confidence and a keener sense of their training: They have had one of the peak experiences of their lives. But, the greatest insight gained, from each runner, has been the greater appreciation of self and others; the camp offers a unique opportunity to get to know yourself and other elite athletes in a friendly, non-competitive environment through the experiences of a week-long training camp. One of the most important benefits of the Eastern Regional Elite Distance Camp is that athletes develop life-long friendships with other athletes from other schools, other sections of the state, and or country, and they also develop long lasting friendships with the many nationally recognized clinicians and high school and college coaches. Also, athletes always meet "friends" at local, regional, state and national competitions and enjoy competition that much more.

At this training camp, athletes depend on each other as they run each day, or climb through the High Peaks Area: Team work is the key to success of the camp, to the athlete, and to the dream of IMPROVEMENT.

The camp week involves 25 clinic hours, 40 running miles and 35 hiking-climbing miles...more or less.

The **INCLUSIVE DATES** of the 2010 Eastern Regional Elite Distance Camps are **April 17-24, 2010**; Summer **CAMP I: July 17-23**; Summer **CAMP II: August 8-13, 2010**.

The Application Fee is all inclusive: Room and Board Fees are completely covered by the application fee;

the only other expense will be spending money for shopping in the village of Lake Placid, or sight seeing at the Olympic venues if the athlete so chooses.

The **PERSONAL INFORMATION FORM** and **FEE of \$495.00**, must be returned to the camp director prior to deadline date. **NO LATE APPLICATIONS WILL BE ACCEPTED**. Each invited athlete has a reserved slot in the camp: the camp can not over subscribe its numbers.

Make Checks out to: Eastern Regional Elite Distance Camp, and **Mail your application to the following address:**

C/O Rick Guido, Camp Director;
6 Timber Lane, Fairport, New York, 14450;
(585) 425-3116.

Contact me at rguido@frontiernet.net,

OR review the camp website:

www.easternregionalelitedistancecamp.com



