

Morristown Running Camp

July 6-11, 2009 *Panther Creek State Park
Morristown, TN*

Come join us for a fun-filled week of running with four premier East Tennessee runners. The camp focuses on all facets of training: proper diet, gait analysis, shoes, vitamin/supplements, and injury prevention. The camp will conclude with the Crazy 8's race in Kingsport.

Camp is open to adults and children ages 10 and above. Runners will get a pair of training shoes with paid entry and a six-week training schedule. The camp cost is \$225 and discounts will be given for groups/teams. The camp instructors are:

Patrick Gildea

UT XC Runner, 5K PR: 14:01, 10K PR 28:38, Half Marathon 1:03:43,
World Team Member

Jeff Day

UT XC Runner, Steeplechase, 5K PR: 14:37, 10K PR: 31:25

Eric Bell

UT XC Runner, World Champion Triathlete

Kayla Matrunick

Penn State Track/Cross Country, 5K PR: 16:32, 10K PR: 37:10

To register complete/return form with check to:
Morristown Running Camp, PO Box 538, Morristown, TN 37815
Phone: 423-581-7591

Name _____ Age _____ Date of Birth _____

Address _____ City _____ ST _____ Zip _____

Phone _____ Shirt Size (Circle one) Small, Medium, Large, XLarge

Group or Team Name _____