

### **General Information:**

- Enrollment:  
Our camp is open to young men and women entering grades 7-12 this coming 2012-2013 school year.
- Arrival and Departure:  
Camp Registration is from 2-3 PM Sunday June 24<sup>th</sup>. Camp will end Thursday, June 28<sup>th</sup> at 11 AM.
- What to bring?  
Campers should bring running shoes, workout clothes, towel, toiletries, swimming suit, and water bottle. Bedding is provided.
- Expectation for runners to be ready to run between 15-35 miles during camp.
- Focus of the camp is to set goals, network, explore each individual's full running potential and have fun in the process.

### **Special Features:**

- Each camper will receive an authentic running camp T-shirt.
- Three meals a day in the nationally recognized Gustavus dining service.
- A personalized training program with handouts of information covered during the camp.

- We will watch racing techniques of elite and collegiate runners.
- Question and Answer session with Gustavus student athletes.

### **Topics To Be Covered:**

- Mid-distance Training and Racing Techniques
- Long distance Training and Racing Techniques
- Steeple Chase
- Diet and Nutrition
- Visualizing and Mental Imagery
- Injury Prevention and Injury Identification
- Strength Training for Runners
- Goal Setting
- Hill Training
- Interval vs. Threshold Training
- Cross Training
- Form Running and Flexibility Drills

### **Running Camp will be conducted by:**

- Gustavus Head Coach Dale Bahr. Bahr has worked with many All-Conference and All-American runners at Gustavus Adolphus College. Bahr is a former NCAA Division II 800 Champion and multi-All-American.
- Gustavus Assistant Coach Brenden Huber. Huber is a former South Dakota All-State cross-country runner and competed for the University of South Dakota.
- Cost:  
The cost will be \$350 for the week. A non-refundable \$50 is to be sent in with the application by June 15<sup>th</sup>. Please make checks payable to Gustavus Running Camp.  
Discounts:  
Group: \$25 off per runner – 2 or more from same school (send registrations together)  
Family: \$30 off per runner discount – 2 or more from same family.

### **For More Information Contact:**

Dale Bahr 507-340-2237 (Cell)  
(please leave a message.)  
Or email: [dbahr@gac.edu](mailto:dbahr@gac.edu)

## REGISTRATION

Name \_\_\_\_\_

Birthdate \_\_\_\_\_ Age \_\_\_\_\_

Male \_\_\_\_\_ Female \_\_\_\_\_

Your Parent/Guardians Name (s) \_\_\_\_\_

Home Phone( ) \_\_\_\_\_

Cell Phone ( ) \_\_\_\_\_

Email \_\_\_\_\_

School Attended \_\_\_\_\_

Grade Next Fall \_\_\_\_\_

Best Time:

400 \_\_\_\_\_

800 \_\_\_\_\_

1600 \_\_\_\_\_

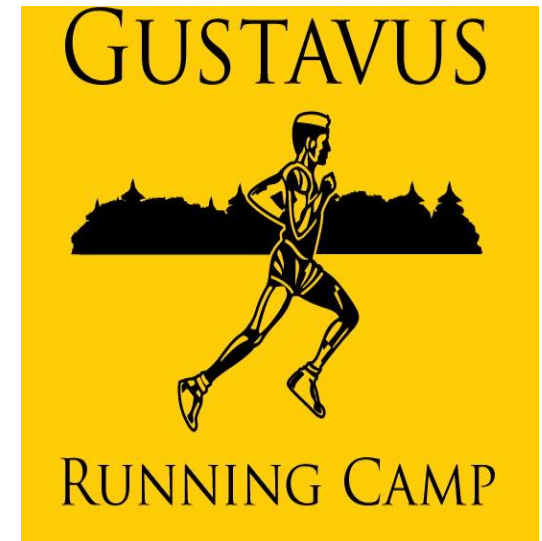
3200 \_\_\_\_\_

4k \_\_\_\_\_

5k \_\_\_\_\_

Please mail registration to:

Dale Bahr  
800 West College Ave  
St. Peter, MN 56082



# 2012

**Boys and Girls  
(Grade 7 – 12)**

**Sunday June 24th - Thursday  
June 28th**

Camp Director: Dale Bahr  
Camp Site:  
Gustavus Adolphus College