

## WELCOME

Welcome to the 2017 LCCC Running Camp! The camp will be held June 19-23 at Lorain County Community College in Elyria, Ohio. Middle School, Junior High School and High School distance runners of all abilities will benefit from this five-day comprehensive running camp. Campers will learn from the best! College and high school coaches, along with our own LCCC Physical Education staff will provide a well-rounded, informative, challenging and FUN experience! The camp will utilize the LCCC cross country course (home of the Jack Wilhelm Cross Country Classic and District race) as well as our outstanding fitness facilities. Get ready to have the best racing season of your life!

## CAMP DIRECTOR

Jim Powers M.Ed.  
LCCC Head Cross Country Coach

The 2017 LCCC Running Camp will use the expert staff here at LCCC as well as area college, high school and junior high school coaches. All staff are experienced, certified and dedicated to assisting runners reach their full potential.

## COST

Total camp cost is \$150.00 (Online registration or Check/ money order made out to LCCC). Cost includes morning snack, lunch, T-shirt and entry fee in the Santarelli Memorial 5k Cross Country race at LCCC in August.

## **Earlybird Registration Discount!**

**Register by June 5<sup>th</sup> and pay only \$125!**

**Online registration**  
**www.lorainccc.edu**



## DAILY SCHEDULE (tentative)

8:30 am Check in, meeting  
9:00 am Morning run  
10:00 am Tree Talk  
10:15 am Morning Snack  
10:30 am Activity  
11:30 am Lunch  
12:15 pm Speaker  
1:15 pm Activity  
2:00 pm Check out

## SESSION TOPICS\*

1. Injuries, hydration, hot & cold weather running
2. Goal setting, motivation, sports psychology
3. Cross Training
4. Training Strategy
5. Race Strategy

\* topics subject to change

## ACTIVITIES\*

1. Team building
2. Interval, hill training
3. Flexibility, Yoga, Stress Management
4. Cross training activities
5. Splash Zone Swimming Day

\*activities subject to change

## WHAT TO BRING

Extra socks, shirt, shorts, and towel  
Extra shoes if possible  
Water bottle  
Sunscreen  
We will be outside and we will sweat!

## FOR MORE INFORMATION

For registration and camp information, please contact Jim Powers at LCCC.  
Phone: 440-366-7652  
[jpowers@lorainccc.edu](mailto:jpowers@lorainccc.edu)



*Lorain County  
Community College*

## REGISTRATION FORM

NAME: \_\_\_\_\_

SCHOOL: \_\_\_\_\_

## ADDRESS:

CITY: \_\_\_\_\_

STATE: \_\_\_\_\_

ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_

E MAIL: \_\_\_\_\_

AGE: \_\_\_\_\_

MALE: \_\_\_\_\_ FEMALE: \_\_\_\_\_

ADULT T-SHIRT SIZE: S M L XL

**WAIVER:** In consideration of acceptance of this entry, I, for myself and my heirs, personal representative, successors, and assigns, release Lorain County Community College and their representatives from any and all claims and rights of action of any kind for personal injury, property damage or other loss which I may incur as a result of my participation in the running camp. In the event that the participant named herein is a minor, the person signing does hereby certify that he or she is the parent or legal custodian of said minor and signs this waiver on behalf of said minor.

SIGNATURE: \_\_\_\_\_

DATE: \_\_\_\_\_

Register online or Return this form with Check or Money Order to:  
LCCC HPER Program/Attention: Jim Powers  
1005 N. Abbe Rd.  
Elyria, Ohio 44035

**JOIN  
THE FUN**



**2017  
LCCC  
Running Camp  
Smarter Faster Stronger  
Better**



**OF  
DISTANCE  
RUNNING!**

**For Middle School, Junior  
High and  
High School Distance Runners  
14<sup>th</sup> YEAR!  
Lorain County  
Community College  
Monday-Friday  
June 19 - 23, 2017  
9:00am - 2:00pm**