
WHAT TO BRING

- Running gear, shoes, shorts, warm-ups, socks, warm clothes
- Swimsuit, sunscreen
- Sundries, toothbrush, toothpaste, comb, brush, deodorant, shampoo, soap, etc.
- Spending money for sweet tooth

REGISTRATION

\$550 for the entire week (Room & Board).
\$280 for commuters.

- Fill out the Camper Information form and Medical Release of Liability form completely on www.MarinRuns.com.
- Send the forms and a \$200 NON-REFUNDABLE/NO EXCEPTIONS deposit by the registration deadline (May 20, 2009).
- Full payment is needed by June 15, 2009.
- Make checks payable to Jason Jacobson.
- All sign-ups are taken on a first come, first serve basis. (30 campers max).

ABOUT THE CAMP DIRECTOR

Jason Jacobson is a USA Level II Track & Field certified coach. He has been working with athletes of all ages and abilities for 16 years. He has been the Head Cross Country and Track & Field Coach at San Rafael High School for the past 10 years.

His athletes and teams have had multiple State Meet appearances in both Cross Country and Track & Field. He is also the Meet Director for the San Rafael Twilight Relays, the Downtown San Rafael One Mile, the Novato 4th of July Run, and the Turkey Trot as well as the Director for the Tamalpa Youth Summer Program.



*A Running Experience
of a Lifetime*



China Camp Trail Run



Mt. Tam Trail Runs

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Marin Distance Summer Running Camp

- ◆ Majestic Scenery ◆
- ◆ Superior Running ◆
- ◆ Take Your Running to the Next Level ◆
- ◆ First Class Speakers & Clinicians ◆

• *A Running Experience of a Lifetime* •

The Marin Distance Running camp will be a memorable week of distance running along the hills and dales of Mt. Tamalpais, the expansive Marin Headlands, the Pacific Ocean, and the historic Golden Gate Bridge.

Campers will immerse themselves in a world of distance running for 5 days with an opportunity for team building and camaraderie.

Participants will learn from topnotch coaches, clinicians, athletes, and experts on a variety of running topics.

July 26 to July 30, 2009
www.MarinRuns.com

WHO SHOULD ATTEND

The camp is open to all high school distance runners with a desire to improve their overall performances. Campers should have several 30 to 50 base mileage weeks under their feet in order to successfully handle the runs throughout the camp.

LOCATION

The camp is based at Dominican University, located in San Rafael, CA, in beautiful Marin County. Campers will be accommodated at The Edgehill Village (est. 2002) and dine at the Caleruega Dining Hall. Double occupancy rooms, with full linen service provided. Male and female participants will be assigned to separate floors or wings, under the supervision of adult live-in counselors. Campers will also have use of the Conlan Recreation Center for swimming and weight lifting.



SPEAKERS

First class speakers covering the following topics:

- Motivation, commitment, and goal setting
- How to get to the next level in running
- Toughness in competition
- Navigating the college selection process
- Staying injury free
- Proper shoe selection
- Proper nutrition
- Team leadership
- Weight lifting, flexibility, and core work
- Great moments in distance running videos

CAMP SCHEDULE

Sunday, July 26: Check in time: 2:00 to 3:00 pm.
Thursday, July 30: Check out time: 10:00 am.

The general overall format of the camp will be:

- 6:00 am: Wake up
- 6:30 am: Light AM run and drills
- 7:30 am: Shower
- 8:00 am: Breakfast
- 9:30 am: Guest speaker
- 11:00 am: Free time (pool, weight room)
- 12:00 pm: Lunch
- 2:30 pm: Meet for PM Run
- 3:00 pm: Longer PM Run (6 to 10 miles)
- 5:30 pm: Shower
- 6:00 pm: Dinner
- 7:00 pm: Guest speaker
- 9:00 pm: Return to rooms
- 10:00 pm: Lights out

We will also have a night hike and camper skit night



***A Running Experience
of a Lifetime***



Golden Gate Bridge Run



Tennessee Valley Night Hike to Ocean



Mt. Tam Trail Runs