



**Visit us on Facebook**

<https://ejr53920.wixsite.com/distance-running>

**for additional info and pictures from previous camps!**



## Benefits of Our Camp

With many training opportunities available, we encourage you to consider our

- Experienced Staff
- Scenic Woodland Location
- Challenging Trails
- Team-Building Environment and Resources including a high ropes course and climbing wall
- Affordable Program
- Fully Insured

Our daily schedule includes:

- Morning hill run
- Breakfast
- Afternoon strength-training and running technique session
- Lunch
- Recovery/Recreation Period
- Late afternoon long run (distances vary by ability)
- Dinner
- Evening activities to include guest speakers, movies, and camp fires



# Distance Running at YMCA Camp Kresge

A scholastic cross country training camp



July 28<sup>th</sup> - August 2<sup>nd</sup>

2018

White Haven, Pa



## Distance Running at YMCA Camp Kresge

*Distance Running at YMCA Camp Kresge: A scholastic cross country training camp is in its 12th year of operation. We provide junior high and high school runners an opportunity to prepare for their upcoming cross country season by training on some of the most scenic and challenging trails in Northeastern Pennsylvania.*

Instruction is provided by a knowledgeable staff of former high school and collegiate runners. Guest speakers include coaches and running experts who will speak on topics such as nutrition, injury prevention (including proper shoe selection), and the psychological aspects of the sport.

*Distance Running at YMCA Camp Kresge fosters a welcoming, team-building environment away from the distractions of every day life. Participants interact with runners from a variety of teams across the state, fostering life-long friendships and promoting respect during competition.*

**Camp fee is \$285 per runner** - Your camp fee covers five days of supervised training, 15 meals cooked by the Camp Kresge staff, free use of the camp's recreational facilities during open activity times, a team-building session on a state of the art high ropes challenge course and climbing wall and performance gear for each camper

## Camp Staff

The 2018 Distance Running at YMCA Camp Kresge staff features an abundance of knowledgeable and talented distance runners and coaches from northeastern and central Pennsylvania. From high school state medalists to NCAA division 1 and club standouts at the collegiate level to Boston Marathon qualifiers and ultra-marathoners, the staff has experience at all levels of distance running. Most have attended this camp in their scholastic days and give their time to volunteer every summer since to educate, supervise, and train today's talented junior high and high school runners who attend. Recently graduated campers also assist throughout the week with some of the afternoon long runs.

### 2018 Staff:

Tommy Otterbine (*Hazleton Area '03, Penn State '07*)

Erin Richardson (*Crestwood '12, Bloomsburg '16*)

Lori Otterbine-Wade (*Hazleton Area '98, Penn State '03*)

Ben Robinson (*Tunkhannock '12, Lock Haven '16*)

Cecilia Tang (*Unionville '05, Penn State '09*)

Lisa Crofcheck (*Hazleton Area '04, Penn State '08*)

Tj Crofcheck (*MMI '03, Penn State '07*)

Ashley Smolinsky (*Hazleton Area '01, Lock Haven '05*)

Colin Kelly (*West Scranton '17, Saint Francis '21*)

## Registration

*(please detach and send)*

Camper Name \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Email \_\_\_\_\_

Age (as of 7/28/18) \_\_\_\_\_

Gender Identity: Male / Female

School Team \_\_\_\_\_

Grade for 2018-19 School Year \_\_\_\_\_

Shirt Size: Small Medium Large XL

Parent/Guardian Name \_\_\_\_\_

Parent/Guardian Phone (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Parent/Guardian Email \_\_\_\_\_

Upon receipt of your registration, we will email both parent/guardian and camper an informational packet containing camp policies, recommended items to bring to camp, a daily camp itinerary and a waiver of liability which must be returned prior to the start of camp. \*Please indicate if you need the packet mailed via USPS.

**Registration Deadline  
Monday July 16th, 2018**

Please mail registration form and check payable to  
"Otterbine Distance Running at YMCA Camp Kresge" to:

Erin Richardson  
14 Dotzel Lane  
Mountain Top Pa, 18707

## Contact Information Camp Director

Tommy Otterbine otterbine.tommy@gmail.com (570) 956-5011

Erin Richardson ejrichardson93@yahoo.com (570) 417-8452

