

## About the Camp:

This camp was founded in 2011 as the Three Rivers Running Company stepped in to fill the need for a distance running camp in Northern Indiana. Having established themselves as the area experts in running specialty, they wanted to give back to the area youth by sponsoring a lower priced running camp to give athletes the knowledge and training necessary to accomplish their middle school and high school goals and find a life-long passion for the sport of distance running. They partnered with Rick Hammer and Brian Cashdollar who directed the Yoder-Begley Cross Country Camp for the past 4 years.

Brian Cashdollar has been the head Coach at Manchester College for 11 years. During his tenure the Spartans have won 4 conference titles in cross country and 1 in track. In 2010 they were the 7<sup>th</sup> best men's cross country/track program in the nation at the NCAA DIII Level.

Rick Hammer has been involved in collegiate coaching for the past 7 years and assisted at Manchester for three of those years. He currently coaches at Lewis University in Illinois where his distance runners have racked up 7 All-American Awards, a GLVC conference runner of the year award, and a Freshman of the Year award in the past two seasons.

## Camp Highlights:

- Camp Notebook
- Three Rivers Distance Camp Shirts
- Air-conditioned dorms
- Gait and postural analysis
- Informative Lectures Covering:
  - Race Strategies
  - Training Theory
  - Nutrition
  - Being a good teammate
  - Cross Training
  - Injury Prevention
  - Shoe Selection
  - Core Work
  - Strength Training
- Games and tournaments with prizes
  - Prediction Run
  - Three Rivers Running Co. Relay
  - Running Knowledge Quiz
  - Three Rivers Running Co. Challenge
  - Ultimate Frisbee
  - Scharbade
  - Kickball
  - Volleyball

**2011**

**THREE RIVERS  
RUNNING COMPANY**

# Distance Camp



**North Manchester, IN**

**JULY 17-21, 2011**

**Hosted By**

**Manchester College**

604 E. College Ave.  
North Manchester, IN 46962

## When?

Sunday, July 17 – Thursday July 21, 2011

## Where?

Manchester College  
604 E. College Ave. North Manchester, IN 46962

## Who is the camp for?

For runners of all abilities that are in grades 5-12 during the current school year (2010-11). GRADUATING SENIORS CAN ATTEND!!!

## What does the cost of camp include?

Camp fees include: shared air-conditioned dorm room, meals, camp booklet, lectures, gait and postural analysis, and a camp T-shirt, running and non-running related contests and prizes.

## How do I know that you received my registration and deposit?

If you provide us with your email, we will let you know when we receive your registration. Camp welcome packets will be sent about 2-3 weeks before camp.

## Cost?

### Early Registration

Registration and a deposit of \$100 must be RECEIVED by May 31, 2011.

Individual Overnight Camper      \$300.00  
\*With sibling/team discount      \$290.00

### Regular Registration

Registration and deposit of \$100.00 must be RECEIVED by June 30, 2011.

Individual Overnight Camper      \$310.00  
\*With sibling/team discount      \$300.00

### Late Registration

Registration and deposit of \$100.00 must be RECEIVED by July 15, 2011. **Meals and Dorm Room Assignments MUST be finalized by this date.**

Overnight Camper      \$325.00  
\*With sibling/team discount      \$315.00

\*To receive the team discount, you must have 5 or more boys and/or girls from the same school at camp. Sibling registrations must be sent together to receive discount.

Send your completed registration form and \$100.00 deposit to:

3 Rivers Distance Camp  
C/O Manchester College  
Brian Cashdollar  
604 E. College Ave.  
North Manchester, IN 46962

**\*\*\*Please make all checks payable to 3 Rivers Distance Camp.**

**REGISTRATION CAN ALSO TAKE PLACE AT  
THREE RIVERS RUNNING COMPANY!**

## Registration Form

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

Zip Code: \_\_\_\_\_ Grade (2010-2011): \_\_\_\_\_

School: \_\_\_\_\_

Gender:      Male      Female

Date of Birth: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_

Cross Country PR \_\_\_\_\_ Miles Per Week \_\_\_\_\_

T-shirt Size (adult sizes)

S      M      L      XL

Preferred Roommate(s) : \_\_\_\_\_

**Waiver:** I hereby state that I am physically able to participate in the sport of distance running. I waive any rights I may have against Three Rivers Running Company, Manchester College, all camp staff, volunteers and sponsors for any injuries incurred while participating in this camp.

\_\_\_\_\_  
Athlete Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Signature  
Date