

# **THE DISTANCE RUNNING CAMP OF CENTRAL ILLINOIS**

## **Individual and Team Camp**

Come out and run with the Bradley Braves this July. Coach Burns and current Braves distance stars will teach you the key elements of becoming a great distance runner. Our team building activities will help you learn what it takes to be a leader on your team. You will be training on the finest soft surface running venues in Central Illinois including historic Detweiller Park. On Friday night we will race at the Detweiller at Dark 3 mile race under the lights on the state meet course. Back again in 2014, we will have a theme night for the Camp Dance on Saturday night. We will be using Bradley's brand new 52 million dollar Renaissance Coliseum for our daily activities. Bring five members from your team and your coach can join you at camp. If you have any questions please email or call Coach Burns at [mburns@bradley.edu](mailto:mburns@bradley.edu) or 309-677-2643.

We hope to see you in July!

ADDRESS SERVICE REQUESTED

The Distance Running Camp of Central Illinois  
Bradley University Cross Country Office  
1501 W. Bradley Ave.  
Peoria, IL 61625

# 2014

**THE DISTANCE  
RUNNING CAMP  
OF  
CENTRAL ILLINOIS  
AT  
BRADLEY UNIVERSITY**

***RUN***

***WITH***

***THE***

***BRAVES***

**JULY 23 - JULY 27**

**Phone 309-677-2643  
Fax 309-677-3626**

# THE DISTANCE RUNNING CAMP OF CENTRAL ILLINOIS 2014

## Camp Goals

The Distance Running Camp of Central Illinois is designed to educate young student athletes about how to become better distance runners and leaders. Our hope is to provide a fun, exciting environment for campers to learn how to compete at the highest level and make their team better in the process. Our camp will provide some great instructional tools but will also teach campers the secrets of success on a daily basis. Campers will experience some of the best soft surface training areas in Central Illinois including: Rock Island Trail, Farmdale State Park and Detweiller Park, home of the Illinois State High School Cross Country Championships. Come out and train with the Braves and give yourself a competitive advantage next November.

## Daily Schedule

- Morning Run
- Dynamic Flexibility and running form drills
- Bio-Mechanical Analysis of running form
- Instructional talks—Topics Include: Nutrition, Goal Setting, Visualization, Race Tactics, Injury Prevention, Strength & Conditioning for Distance Runners and More
- Each camper will be part of a team that competes toward an overall team champion at the end of the week.
- Team games include: Name That Tune, Ultimate Frisbee, Kick Ball, Knockout, Dodge Ball

## Camp Director

### Marc Burns

Head Coach Men's & Women's Cross Country  
NCAA Division I Bradley University  
2006,2007,2008,2009 Missouri Valley Conference  
Women's Cross Country 'Coach of the Year'  
2-time NCAA Division I All-American  
Loyola University Chicago

## Team Camp Information

Bring your team with you to The Distance Running Camp of Central Illinois and train at historic Detweiller Park, site of the Illinois State High School Cross Country Championships. Your coach can join you when 5 or more campers sign up from your team. High school teams that attended in 2013 include: Lockport (IL), St. Thomas Moore (IL), O'Fallon (IL), and Wauwatosa West (WI). Make the commitment to excellence today!

The Distance Running Camp of Central Illinois is open to any and all entrants, in accordance with the NCAA camps and clinics legislation (limited only by number, age, grade level and/or gender). Open to all boys/girls ages 12-18  
The Distance Running Camp of Central Illinois is independent-ly owned and operated and is in no way administered or associated with Bradley University.

**Distance Running Camp of Central Illinois - Dates:  
Wednesday July 23, 2014 – Sunday, July 27, 2014**

**Detailed info packet sent out upon registration  
Camp Check In 12:00pm - 2:00pm Wednesday**

## Camp Tuition

\$425.00 – Individual Overnight Camper  
\$400.00—Team Overnight Camper  
Campers will stay in Bradley University dorms and will be supervised 24 hours per day  
\$300—Individual Day Camper  
\$275—Team Day Camper  
Day campers 6:30am-4:00pm(breakfast/lunch incl.)  
Team = 5 or more campers from same team

## Camp Staff

### Matt Esche

Assistant Coach NCAA Div. I Bradley University  
3 time NCAA Div. I Cross Country Meet Qualifier at Iowa

### Josh Stubbs

Assistant Coach NCAA Div. I Bradley University  
NCAA Div. I Cross Country Meet Qualifier at Army

### Tom Razo(Lockport)

Has Coached Two IL State Championship Teams

### Dave Behm (St. Thomas More)

2012 IHSA 1A Boys Cross Country Coach of the Year

### Neil James (O'Fallon)

## REGISTRATION

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ ST \_\_\_\_\_ ZIP \_\_\_\_\_

PARENT'S WORK/CELL: \_\_\_\_\_

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

FAMILY MEDICAL INSURANCE COMPANY: \_\_\_\_\_

POLICY #: \_\_\_\_\_

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

T-SHIRT SIZE (check one) :

ADULT: \_\_\_ S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_ XXL

I verify that my child/ward has been checked by a licensed physician and is physically able to participate in the Distance Running Camp of Central Illinois. I understand that participation in the camp will involve instruction in the sport of running and may include vigorous physical exercise or activity involving a multitude of risks, including but not limited to, broken bones, sprains, muscle pulls and head injuries. In consideration of my child/ward being able to participate in the Distance Running Camp of Central Illinois, I hereby agree and promise that I will not hold the Distance Running Camp of Central Illinois nor its employees responsible for any loss, damages, or personal injury received as a result of my child/ward's participation or the conduct of camp directors and/or employees, including negligence. I hereby authorize the directors of The Distance Running Camp of Central Illinois to act for my child/ward according to their best judgment in an emergency requiring medical attention, including the authorization of medical treatment. I agree to allow my child/ward to be treated by a certified athletic trainer or licensed physician (if necessary) and to assume all costs related to such treatment. I authorize my insurance company to pay benefits as required for medical treatment resulting from participation. Also, I authorize the disclosure of medical information to my insurance for the purpose of claim. This camp operated by Marc Burns and is not operated by, connected with or an official function of Bradley University.

\_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature

Mail registration to address below. Make checks payable to:

**The Distance Running Camp of Central Illinois  
TO RESERVE A SPOT PLEASE SEND REGISTRATION  
FORM AND A \$100 DEPOSIT BY JULY 14, 2014  
FULL PAYMENT DUE UPON CHECK IN JULY 23, 2014**

**The Distance Running Camp of Central Illinois  
Bradley University Cross Country Office  
1501 W. Bradley Ave.  
Peoria, IL 61625**

**Phone: 309-677-2643**

**Fax: 309-677-3626**

**Email: mburns@bradley.edu**