

Staff

OJ Logue, Camp Director is a recent Maine Running Hall of Fame inductee with extensive coaching at collegiate and high school level. Two-time member of the U.S. Deaf Olympic Track and Field Team. 2:26 marathon P.R. Currently Associate Dean at the University of Maine College of Education and Human Development.

Judson Cake, currently Maine's premiere road racer. Previously trained at the ZAP center in NC. Named 2005 Maine Runner of the Year by "New England Magazine." Winner of eight marathons. 2:23 marathon P.R.

Special Guests

Kate Goupee, Head Cross Country Men and Women's team at MDI.
Riley Masters, UM distance runner, American East Rookie of the Year
Andy Beardsley, coaches at Ellsworth High School. Top Master's division runner
Joey Luchini, Ellsworth HS and UM standout runner; 9 individual state championships
Henri Bouchard, former nationally ranked college runner and collegiate and HS coach
Elizabeth Brunton, former USM runner and Assistant distance coach at Ellsworth H.S.
Desiree Sirois, physical education teacher and Assistant distance coach at MDI
Eric Rudolph, former Unity College runner
Pat O'Malley, former UM distance runner, currently VP of Saucony
Patti Craig, Women's Cross Country & Track Coach, Bangor High School
Barbara Logue, Nurse Practitioner, available for medical consult throughout camp

Also many outstanding athletes from Eden & Crow Athletics.



Acadian Running Camp

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Acadian Running Camp



July 26-29, 2009



First Annual Running
Camp for High School
Students

Overview

The running community of MDI (Eden Athletics and Crow Athletics) along with Saucony welcome high school students who will be in grades 9-12 next fall to join the Acadian Running Camp for 4 days of running on the carriage trails of Acadia National Park. We will traverse amongst the most scenic trails in the country. We will reside at Smuggler's Den Campground (<http://smugglersden campground.com>). The campground includes a heated pool, free hot showers and access to Echo Lake Beach in Acadia National Park.

Camp Overview: All levels of runners are encouraged to attend and will be divided into training groups according to fitness level. Regardless of experience and fitness, each camper will be pushed by our experienced coaching staff to develop as a runner. There

will
be



lectures about nutrition, racing philosophy, and the transition between high school and college competition. We will be transported by bus throughout Acadia National Park to the carriage roads. Non-running activities will include various games at the campground, mini-golfing at Pirates Cove, swimming at Echo Lake and Sand Beach, and a visit to downtown Bar Harbor for shopping and ice cream.

Special Feature: Saucony is the major sponsor of this camp and is graciously allowing each camper to select one pair of racing flats which will be custom ordered upon acceptance to camp.

Cost: The cost for the camp is \$200. Payment should be made out to Acadian Running Camp and sent along with the completed application form

Confirmation

Campers will be notified if they have been selected (**only 30 slots available**). In the event that camp is full, a full refund will be issued. A minimum of 20 runners required for camp to run.



Q&A

What to Bring:

- Sleeping bag and pillow
- Sleeping pad or mattress (single size)
- Casual clothing such as shorts and t-shirts and bathing suits
- Sweatshirt for evenings
- Plenty change of running gear
- Towels and complete toiletries
- Suggested rubber foot wear for showers
- Cell phone or calling card
- Limited spending money for shopping in Bar Harbor or gift shop
- Sunscreen

Meals

Meals will either be prepared at campsite or special ordered by area businesses (pizza and sub shops). Healthy snacks and fruits along with plenty of liquids will be available at all times.