

Facilities

Concord Retreat is located on 175 acres in the mountains of West Virginia. It offers a mixture of fields, trails and unpaved roads for a tremendous training experience.

Staff

Concord Retreat Running Camp is staffed with one of the top high school coaching staffs imaginable. Our coaching and counseling staff are comprised of numerous state champion coaches and athletes, all with the single-minded purpose of making your child a better runner.

Accommodations

Concord Retreat is equipped with 4 dorm style houses that will house up to 120 athletes and counselors. There are also two cabins designed to house coaches and equipment. The "Main House" features a top flight kitchen, with dining rooms, meeting rooms, and game rooms for evening entertainment. There are also a variety of outdoor activities offered by the staff at Concord. For more information please visit www.concordretreat.com

CONCORD RETREAT



RUNNING CAMP



**AUGUST 2 - 7, 2009
Yellow Spring, WV**

Cost

Cost of the camp is \$425. A non-refundable \$200 deposit is required to reserve your spot, with the balance due no later than arrival at camp. **All monies are to be sent to the address listed on the registration form.**

Checks should be made payable to **Concord Retreat Running Camp**

Expectations

It is expected that all athletes arrive to the camp in shape. It is also recommended that all athletes be capable of running at least 35 miles per week in the weeks leading up to camp. This is to ensure that the campers arrive in shape so that they can get the most from their camp experience, while avoiding injury.

Directions

Directions to the camp, which is located approximately 90 miles west of Washington, DC, can be found on the retreat web site at www.concordretreat.com

For any additional information, feel free to contact Tom Arnold at

(301) 523-9398 or by email at arnold@olgchs.org

or

Dan Reeks

(301) 460-3721 or by email at reeksrun@aol.com

Coaching Staff

Tom Arnold, Camp Director

As head Track and Cross Country Coach at Good Counsel High School in Wheaton, MD. Tom's teams have been the dominant force in the prestigious Washington Catholic Athletic Conference. He has coached many All-Met athletes, and was the All-Met Girls Outdoor Coach of the year in 1997.

Dan Reeks, Assistant Camp Director

As knowledgeable as they come, Coach Reeks has produced some of the state's strongest teams and athletes. Now at Sherwood HS, Dan was All-Met Coach of the Year for Boys' Cross Country in 2003.

Beth Muehl, Northwest High School

Beth has been the boys and girls head coach at Northwest High School for 10 years. She claims two team state titles for boys and two team state titles for girls. In 2001, she was the All-Met Boy's Coach of the Year in Cross Country.

Seann Pelkey, Quince Orchard High School

Seann brings to the camp the experience of a state championship coach and was All-Met Cross Country Coach of the year in 2006. As a former camper and counselor, he also brings with him the value the camp has to the athletes' development. He is a constant inspiration for all the athletes at the camp.

Steve Bettis, Winston Churchill High School

Steve brings experience as coach of state indoor track champions, Paint Branch HS, and boasts one of the largest and most successful cross country teams in MD at Churchill.

Registration Form

Name: _____

Address _____

City: _____ St: ___ Zip: _____

Phone: _____

email address: _____

High School _____

Grade _____

Gender Male Female

Return Registration form and payment to:

Concord Retreat Running Camp
14415 Pecan Drive
Rockville, Md. 20853

T-Shirt Size S M L XL

Waiver/Medical Consent:

I hereby state that my child is in good/normal health, and has my permission to participate in all camp activities. In the event of injury or illness, I authorize the staff of Concord Retreat Running Camp to act for me in securing medical treatment. Registration in Concord Retreat Running Camp requires that a parent/guardian sign below to agree that in case of accident or injury while attending camp, they release the camp, the coaches, counselors, and any associated parties from any and all liability. Each participant is required to carry personal medical coverage

Signature of Parent