

JOIN US

Yes! I want to attend the 2014 Furman University Cross Country Running Camp Sponsored by Brooks Running.

_____ Session 1 (July 7-10)

_____ Session 2 (July 10-13)

*Sessions will be limited to the first 80 registrants.
We will contact you if we cannot honor your registration.

Name: _____

Address: _____

City: _____

State, Zip: _____

Email Address (print clearly): _____

Parent or Guardian: _____

Cell Phone: _____

Roommate Preference: _____

High School Currently Attending: _____

Age: _____ DOB: _____

Grad Year: _____

Shirt Size: ☐ S ☐ M ☐ L ☐ XL ☐ XXL

Cancellation Policy:

Refunds, minus a \$100 administration fee, will be issued for any cancellation received prior to June 30, 2014.

For additional Information or questions please contact:

Mickey McCauley

864.430.6139

mickey.mccauley@furman.edu

Please make checks payable to

Furman University Cross Country Camp

Mail to:

Furman University

Attn: Mickey McCauley/Department of Health Sciences

3300 Poinsett Highway

Greenville, SC 29613



PRESENTED BY



Join Furman University Cross Country Coaches, Furman Student-Athletes and Furman Elite Team members for 4 days of running fun. The goal of Furman University Cross Country Camp is to teach training techniques, racing strategy, nutritional plans and ancillary training that can help take your running to the next level! Interact daily with some of the top coaches and athletes in our sport; meet and run with Olympians, All-Americans, NCAA conference champions and former State Champions.

Furman Cross Country Camp is a place where Champions are MADE

WHEN

First Session

Monday, July 7 - Thursday, July 10
Check in: July 7, 12:00 - 2:00 p.m.
Check out: July 10, 12:00 p.m.

Second Session

Thursday, July 10 - Sunday, July 13
Check in: July 10, 3:30 - 5:00 p.m.
Check out: July 13, 12:00 p.m.

***Each session is limited to the first 80 registrants to enhance individual attention for each camper. Register now to secure your space!**

Fees for each session:

Individual Runner—\$385

(Single registrant; not attending camp with a team)

Team Runner—\$375

(Seven or more runners from the same school must submit all registrations as a team in order to receive team discount. Please send registrations together in one envelope.)

COACHES



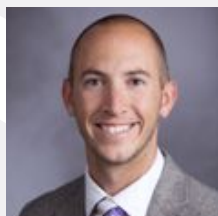
Robert Gary

Furman University Cross Country and Track Head Coach
2x USA Olympian (1996, 2004)
USA Track & Field Men's Distance Chair
Team USA World Track & Field Assistant Coach (Dageau, South Korea, 2011)
Fastest Athletes Coached (men):
Steeple - 8:13, 1500m - 3:34, 5K - 13:24



Rita Gary

Furman University Assistant Cross Country and Track Coach
2006, 2007 NCAA Great Lakes Regional Coach of the Year (Michigan State)
2008 Mid-American Conference Coach of the Year (Miami University)
2003 Conference USA Staff of the Year (University of South Florida)
Fastest Athletes Coached (women):
800m - 2:04, Steeple - 9:40, 5K - 16:03



Chris Neal

Furman University Assistant Cross Country and Track Coach
Coached 2009 Great Lakes XC Regional Runner-Up Team (Ohio State)
NCAA Division I Regional Track qualifier in every distance event 800-10,000m
Earned back to back Big Ten Track & Field Titles
Fastest Athletes Coached (women):
800m - 2:05, 1500m - 4:23, 5K - 16:23

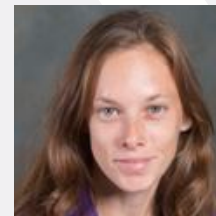
CAMP DIRECTOR



Mickey McCauley

Member of Furman University Track & Field and Cross Country teams 1975-79
Certified Personal Trainer
USATF Level II Certified Coach
FIRST Faculty Member

CAMP STAFF



Featured Staff Member Nicole Bush

Nicole was the 2013 US Champion in the Women's Steeplechase. Nicole represented the US and Furman Elite in Moscow at the World Championships and is an assistant coach for the Furman track team.

Other staff members include:

Cory Leslie - 3:51 Mile, 8:20 Steeplechase
Jef See - 3:52 Mile, 13:29 5k
Heidi Gregson - 4:32 Mile

SCHEDULE

Sample Daily Schedule (specific schedules will be mailed with your confirmation packet)

7:30	1st Training Session
8:45-9:30	Breakfast
11:00	Celebrity Lecture*
12:30-2:00	Lunch
3:00-5:00	2nd Training Session
5:30-6:30	Dinner
7:00-9:30	Camp Social Activity
10:00	Return to dorms

*Featuring Olympians, Professional Runners, Sports Medicine Specialists, College Coaches and Running Enthusiasts covering a multitude of training topics

Camp confirmation along with a complete participant packet will be sent out as registrations are received. Please contact Mickey McCauley if you do not receive your packet by July 1, 2014.

Questions?

Mickey McCauley

864.430.6139

Mickey.McCauley@Furman.edu



FACEBOOK.COM/RUNFURMAN



@FURMANXC