

2011 CYCLONE WILDERNESS CROSS COUNTRY CAMP

Iowa State | Ames, IA | July 24-26, 2011 | Grades 7-12



General Information

Check In: Sunday, July 24th, 2:00 to 2:30 PM in the lobby of the Lied Recreation Center (Beach St, Ames, IA) on the Iowa State campus in Ames.

Housing: 'Roughing it in Style' - We do an indoor campout and will set up tents on the turf field of the Lied Rec Center. You will need to bring your own tent and sleeping bag.

What to Bring: **Bedding, Pillow, and Tent,** Running clothes (2 x daily workouts), running shoes, t-shirt for t-shirt exchange, swimming suit, towel, toiletries, and a sportswatch.

Topics to be Discussed:

- Principles of endurance training
- Strength training and speed drills
- Nutrition for training and racing
- Proper running techniques
- Race day preparation/Race strategy
- Proper shoe selection
- Injury prevention/Injury care
- Flexibility

Costs and Cancellations:

Individual fee is \$200 but reduced to \$185 per person if a team of 5 or more registers. After July 8, camp fees are nonrefundable. Should a camper leave camp due to injury or illness, the camp fee is nonrefundable.

Confirmations and Medical:

A completed and signed release form must be on file to participate. The parent/guardian's personal or injury insurance policy will be utilized as the primary insurance for the treatment of injuries and hospitalization of illness or injuries incurred during the sports camps.



2011 STAFF



Corey Ihmels
ISU Head Coach
2010 NCAA Regional Coach of the Year
1991 National Footlocker Cross Country Champ
6 x NCAA Division I All-American
Sub 4 Minute Miler (3:59.71)



Travis Hartke
ISU Assistant Coach
Member of 3 top 3 finishing teams at NCAA Cross Country Championships



Kristy Popp
ISU Assistant Coach
Earned All-Conference honors at Valparaiso and Minnesota
2 x North Dakota State Champion in the 800 meters



Michelle Ihmels
2000 USA Olympic Trials Qualifier (10,000m)
2 x NCAA Division I All-American
33:08 10,000m Personal Best



Online Registration at:
www.happyjackrunning.com

Please Contact Travis Hartke with Questions at
thartke@iastate.edu or
515-450-9583

Your Camp Fee Includes:

- Workout Sessions on the Iowa State Cross Country Course (1995 and 2000 NCAA Championships Host), Lied Indoor 300 Meter Track, and 60 miles of trails located in Ames
- Camp T-Shirt
- Meals for your stay
- 2 nights of camping, fun and games in the Lied Recreation Center.



Tentative Schedule:

Sunday, July 24

2:00-2:30 a.m.	Check-In
2:30 a.m.	Camp Meeting
3:00 p.m.	General strength
4:00 p.m.	Workout – Hills
6:30 p.m.	Dinner
7:30 p.m.	Cyclone Challenge
9:00 p.m.	Camp Meeting
10:45 p.m.	Campers in Tents

Monday, July 25

8:00 a.m.	Breakfast
9:00 a.m.	Camp Meeting
10:00 a.m.	Workout – Tempo
Noon	Lunch
1:30 p.m.	Time at Pool
4:00 p.m.	Speed Drills
5:00 p.m.	Easy Run in Trails
6:30 p.m.	Dinner
7:30 p.m.	Cyclone Team
9:00 p.m.	Camp Meeting
10:45 p.m.	Campers in Tents

Tuesday, July 26

8:00 a.m.	Breakfast
9:00 a.m.	Camp Meeting
10:00 a.m.	XC Race
11:00 a.m.	Camp Meeting
11:30 a.m.	Check-Out

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