



Distance Running at YMCA Camp Kresge White Haven, PA

***PLEASE NOTE NEW
DATES!***

***Sunday Aug 2nd -
Friday Aug 7th
2020***



Benefits of Our Camp

With many training opportunities available, we encourage you to be a part of what our running camp has for you!

- Experienced Staff
- Scenic Woodland/Lake Location
- Challenging Trails
- Team-Building Environment and Resources including a high ropes course/wall climb
- Affordable Program

Our daily schedule includes:

- Morning hill run
- Breakfast
- Mid-Morning strength training and running technique session
- Lunch
- Recovery/Recreation Period
- Late afternoon long run (distances vary by ability)
- Dinner
- Evening activities to include guest speakers, movies, and camp fires



Visit us on Facebook

@ Distance

***Running at YMCA
Camp Kresge***

and our website

***[https://ejr53920.wixsite.
com/distance-running](https://ejr53920.wixsite.com/distance-running)***

*for additional info
and pictures from
previous camps!*



Distance Running at YMCA Camp Kresge

Distance Running at YMCA Camp Kresge is in its 14th year of operation. We provide 7th through 12th grade runners an opportunity to prepare for their upcoming cross country season or just continue their love for running by training on some of the most scenic and challenging trails in Northeastern Pennsylvania.

Instruction is provided by a knowledgeable staff of former high school and collegiate runners. Guest speakers include coaches and running experts who will speak on topics such as nutrition, injury prevention (including proper shoe selection), and the psychological aspects of the sport.

Distance Running at YMCA Camp Kresge fosters a welcoming, team-building environment away from the distractions of everyday life. Participants interact with runners from a variety of teams across the state, fostering life-long friendships and promoting respect during competition. One of our mottos is **"If you believe it you can achieve it!"** Each camper will ultimately decide what this means for themselves and our part is to help set goals and get each runner where they want to be.

Camp fee is \$295 per runner - Your camp fee covers the following:

- Five days of supervised training;
- 15 meals cooked by the Camp Kresge staff;
- Free use of the camp's recreational facilities during open activity times, a team-building session on a state of the art high ropes challenge course and climbing wall; and
- A performance t-shirt for each camper.

Camp Staff

The 2020 *Distance Running at YMCA Camp Kresge* staff features knowledgeable and talented distance runners and coaches from northeastern and central PA. From high school state medalists to NCAA Division 1 and club standouts at the collegiate level to Boston Marathon qualifiers and ultra-marathoners, the staff has experience at all levels of distance running.

Most have attended this camp in their scholastic days and give their time to volunteer every summer since to educate, supervise, and train today's talented junior high and high school runners who attend. Recently graduated campers also assist throughout the week with some of the afternoon long runs.

2020 Staff:

Tommy Otterbine (*Hazleton Area '03, Penn State '07*)

Erin Richardson (*Crestwood '12, Bloomsburg '16*)

Lori Wade (*Hazleton Area '98, Penn State '03*)

Lisa Crofcheck (*Hazleton Area '04, Penn State '08*)

TJ Crofcheck (*MMI '03, Penn State '07*)

Ashley Smolinsky (*Hazleton Area '01, Lock Haven '05*)

Ben Robinson (*Tunkhannock '12, Lock Haven '16*)

Colin Kelly (*West Scranton '17, Saint Francis '21*)

Andy Lopez (*Scranton '16, East Stroudsburg '20*)

Katie Shea (*Scranton '18, Marywood '22*)

Sarah Myers (*Hazleton Area '19, St. Joe's Univ. '23*)

Bobby Earley (*Hazleton Area '19, Univ. of Pittsburgh '23*)

Contact Info- Camp Directors

Tommy Otterbine otterbine.tommy@gmail.com
(570) 956-5011

Erin Richardson erichardson93@yahoo.com
(570) 417-8452

Lori Wade loriwade1@gmail.com
(570) 956-7338

Registration

(please detach and send or fill out Google form on website/Facebook)

Camper
Name _____

Street
Address _____

City _____ State ____ Zip _____

Phone (____) _____ - _____

Email _____

Age (as of 8/11/2020) _____

Gender Identity: Male / Female

School
Team _____

Grade for 2020-2021 School Year _____

Shirt Size: Small Medium Large XL

Parent/Guardian
Name _____

Parent/Guardian Phone(____) _____ - _____

Parent/Guardian
Email _____

Upon receipt of your registration, we will email both parent/guardian and camper an informational packet containing camp policies, recommended items to bring to camp, a daily camp itinerary and a waiver of liability which must be returned prior to the start of camp. *Please indicate if you need the packet mailed via USPS.

Registration Deadline: Monday July 20, 2020

Please mail registration form and check payable to **"Otterbine Distance Running at YMCA Camp Kresge"** to:

Otterbine
11 Lynda Lane
Drums, PA 18222