

Dick Beardsley's

MARATHON RUNNING CAMP

Name _____

Address _____

City _____ State _____ ZIP _____

E-mail _____

Phone (Best #) _____

Male Female DOB _____

#of years running _____ #of marathons run _____

How will you travel to camp? Airplane Auto

Room Type

Single Double Triple Quad Camping

List choice of roommate(s) if applicable (applies to double, triple, and quad rooms) _____

Session September 4-9, 2007

Payment Amount

Deposit

Half of fee required; balance due Aug. 15
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 Amount \$ _____

Payment Method

Check (payable to **Rainbow Resort/Dick Beardsley's Marathon Running Camp**; US funds only, drawn on a US bank)

MasterCard VISA

Acct # _____ Exp _____

Name on card (please print): _____

Signature _____
(Required for credit card payment)

Cancellation Policy

If you have to cancel your spot at camp, and we can fill it with someone from the waiting list, we will refund your deposit, minus a \$50 administrative fee. Otherwise, your deposit is forfeited in full.



Mail your application and fee to

Dick Beardsley's Marathon Running Camp

206 N. Randolph, Suite 400

Champaign, IL 61820

217/359-9345

E-mail: beardsleycamp@marathonandbeyond.com

Camp Staff

Dick Beardsley is a running legend. His career includes wins at Grandma's, Napa, and London. The course record-holder at Grandma's, Dick has also run the fourth-fastest U.S. men's marathon time, 2:08:54, at Boston in 1982. A Team New Balance member, Dick is the Expert Coach of the Chicago Arthritis Foundation Joints in Motion marathon training team.

Rich Benyo, *Marathon & Beyond* editor, has authored 17 books on fitness, health, and running. He has completed 37 marathons. He and running partner Tom Crawford were the first runners (in 1989) to complete the Death Valley out-and-back course from Badwater in Death Valley to the peak of Mt. Whitney and back.

Mary Coordt, a nutrition professor and speaker, teaches college nutrition courses and presents seminars to athletes. She became a competitive runner nine years ago when she discovered her passion for the marathon and has since run over 30 marathons. Mary has won the Napa Valley Marathon, the Big Sur Marathon, and participated in 2000 and 2004 U.S. Olympic Marathon Trials.

Mike Dunlap, two-time Olympic Marathon Trials qualifier, coordinates Cardiac Rehabilitation at Sioux Valley Hospital in Sioux Falls, SD. He has an MS in exercise physiology and a marathon PR of 2:18. Mike has enjoyed a 21-year running and 15-year cycling career.

Joe Henderson has written 27 books on running and countless magazine articles. He authors the "Joe's Journal" column for *Marathon & Beyond*. A veteran of more than 700 races, Joe teaches running classes at the University of Oregon in Eugene and coaches the local Marathon Team.

Roy Herron, a Boston marathoner and Ironman triathlete, has run 30 marathons and ultras in the last eight years. Roy also coaches his sons' high school cross-country team. A professional speaker and attorney, Roy teaches law and divinity at Vanderbilt University and serves as Democratic Floor Leader in the Tennessee Senate.

Rhonda Provost was the first woman to attempt and complete the grueling Death Valley/Mt. Whitney double-crossing. A nurse anesthetist, Rhonda regularly spends her spring vacation back in her hometown of Boston, to run its famed marathon.

Jenny Stinson, assistant camp director, ran her first marathon in 1996 and has completed 13 marathons and ultras. For the past six years Jenny has coached the Chicago Arthritis Foundation Joints in Motion marathon training team.

Bill Wenmark, chairman of NOW Care Medical Centers, is founder and president of, and coaches, the Active Life & Running Club (ALARC), the country's largest marathon running club. A 2006 World Senior Games gold medalist, Bill has run 94 marathons and completed the Leadville 100-mile bike race 10 times, one of only 20 in the world to do so.

Camp director **Jan Seeley** is the publisher of *Marathon & Beyond*. A long-distance runner since 1974, Jan was also a 4-year member of the U.S. National Field Hockey squad. Jan's 20+ years as an event director prepare her well to direct Dick's camp.

Dick Beardsley's

MARATHON RUNNING CAMP

Limited
to 30
campers!

Sponsored by
**New Balance,
Rainbow Resort,
Marathon & Beyond,
and CLIF Bar**

**September 4-9, 2007
Rainbow Resort, Waubun, MN**



Welcome Notes



We'd like to invite you to the fifth annual Dick Beardsley Marathon Running Camp. Our first four years were unbelievable. They exceeded our expectations and then some! Our staff is fantastic and their marathon knowledge is impressive. But more

important, our coaches are down to earth people who care about you and your running. We're thrilled to have New Balance, *Marathon & Beyond*, Rainbow Resort, and CLIF Bar as our camp sponsors.

The trails and back roads of Northern Minnesota are just awesome to run on! You will see a lot of wildlife, and the call of the loons will lull you to sleep at night and greet you the next morning. Please join us for six of the best days of running of your life. We can hardly wait to run with you all! Take care and good running!!

— Dick Beardsley and Jan Seeley, camp directors

Rainbow Resort welcomes you to Dick's marathon running camp. We are proud to be the venue again for this wonderful event and look forward to your visit. Please do not hesitate to contact us about the resort at our toll-free number 888/734-1140 or at our Web site www.rainbowresort.com.

— Linda & Doug Schumann (site hosts), Mike Schumann & Amy Xu (hosts)



"I came to camp to become a better runner and left a better person." —Pat Loebach

"As a returning camper, I was once again moved by the experience and reminded that the finish line is not the end of the race, but just the beginning." —Greg Hammes

RAINBOW RESORT



Dick's camp takes place on the peaceful and scenic grounds of Rainbow Resort in Waubun, MN, 4.5 hours northwest of the Twin Cities. Staff and campers live in modern 2-, 3-, and 4-bedroom, family-style vacation lake homes with all the comforts of home — full bathrooms, living room, complete kitchen, and dining area. Situated on Little Bemidji and Big Elbow lakes, along the Ottertrail River, the resort has more than 500 acres, miles and miles of private trails, and more than a mile of shoreline.



In addition to the great running, campers can enjoy many other activities at Rainbow Resort: fishing (with Dick), swimming, mountain biking, canoeing, kayaking, 9-hole disc golf, pontoon rides, trail rides, volleyball, and more.



Rainbow Resort also has a lodge, as well as a recreation center with a game room and self-service laundry. Just a 1/2 hour away is beautiful Itasca State Park and the headwaters

of the Mississippi. Tamarac National Wildlife Refuge is a few miles from the resort.

"I found spiritual inspiration and a wonderful freedom in a positive relaxed environment. (I blame Dick Beardsley and the coaching staff—perhaps I can even have definitive proof after Boston)." —Al Neil

"Running camp gave me the tools and the confidence to set and achieve goals I never imagined." —Denise Hovey

Camp Information

Looking to take your marathoning to a new level? Dick's camp could be your ticket to new heights, a PR, or even a Boston qualifier. Dick's camp isn't just a running camp— it's a MARATHON running camp. Each day, our seminars and our runs will focus on the specifics you need to be a better marathoner. The camp will help you run LONGER, BETTER, SMARTER.

Camp is open to marathoners aged 18 and older (teen campers welcome, too, with a parent or guardian also registered at camp). Campers should arrive between 11:00 a.m. and 4:00 p.m. on the first day of camp, which officially kicks off with a run, dinner, and a talk by Dick. Camp ends with a final run involving the campers and staff, followed by a brunch. Daily seminars and runs will focus on the types of running that every successful marathon training program should include: hill training, tempo running, long-distance running, and speedwork. We will also run the Dick Beardsley Half-Marathon on September 8.

Our fantastic staff will be available the entire week for countless one-on-one time as well. You will get personalized help to create a training program that is right for you. Give us a week and your marathoning will never be the same!

For more information or to get your camp questions answered, call 217/359-9345 and ask for Jan Seeley.

Fee Schedule (includes room, 12 of 13 meals, beverages, coaching, seminars, 1-year Marathon & Beyond subscription or extension, camp goodies, and more!)

- single occupancy (1 bed): **\$999** per person
- double occupancy (1 or 2 beds): **\$799** per person
- triple occupancy (2 beds): **\$734** per person
- quad occupancy (2 beds): **\$699** per person
- camp site (double occupancy): **\$638** per person

(Sign up with a friend or friends and pick your own roommate(s), or agree to double occupancy and we'll match you with a suitable roommate.)

"The best part of camp is the unexpected. We come in search of better runs and leave as teammates, friends, even family." —Joe Henderson