



**WESTERN STATE COLLEGE WOMEN'S
CROSS-COUNTRY TEAM
3rd IN NCAA CHAMPIONSHIPS - 2008**



**WESTERN STATE COLLEGE MEN'S
CROSS-COUNTRY TEAM
2ND IN NCAA CHAMPIONSHIPS - 2008**

Features

- Free raft trip on Upper Taylor River
- Free T-Shirt
- Free chairlift ride at Crested Butte Ski area, followed by climbing Mt. Crested Butte
- Outstanding trail runs in the Gunnison National Forest
- Pool workouts



Clinics

- Intervals
- Weight Training
- Injury Prevention
- Hill Technique
- Nutrition
- Stretching
- Motivation
- Pool Workouts
- Mental Approach to Racing

WESTERN
STATE COLLEGE
OF
COLORADO

High Altitude Distance Camp

July 19 - July 24, 2009

Gunnison, Colorado

Elevation : 7703 feet

Hosted by : WSC

Duane Vandenbusche, Camp Director

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web : www.wscathletics.com

Western State College is located in Gunnison, Colorado at an elevation of 7703' in the midst of the Rocky Mountains. The college is located in a high alpine valley with 14,000' mountains surrounding it. Within a ten mile radius of the town and college is located: the largest body of water in Colorado, sensational river rafting, and some of the finest fishing in the nation. Hiking, mountain biking, wind surfing, and water skiing are only some of the activities available in one of Colorado's most beautiful areas. Facilities at WSC include a new 8 lane, all weather track & fitness center, a new swimming pool, and outstanding running trails.

This camp is designed for athletes ages 14-18. Emphasis will be placed on Distance Training for Cross Country and Track.

WSC Distance Camp Staff

Duane Vandebusch - Camp Director

Head men and women's cross-country coach at WSC from 1972-2007. His teams won twelve national cross-country championships as well as numerous conference and regional titles. He has been voted national coach of the year seven times. Vandebusch has coached 47 Individual National Champions and over 200 All-Americans.

Jennifer Michel - Assistant Camp Director

Head men's & women's XC coach at WSC and former three-time NCAA track & field champion in the mile and 3,000 meters. Michel won a total of eight All-American honors in her career at WSC and finished fifth in the 2002 USA Track & Field championships in the 3,000 meter steeplechase. She was also named NCAA XC Athlete of the Year in 2000. **Michel was NCAA II Men's Cross Country National Coach of the Year in 2007.**

Elva Dryer

Seven-time National Champion in Cross Country and Track and current member of U.S. World Cross Country Team. She was a 2000 and 2004 Olympian in the 5,000 meters.

Frank Mencin

Former head coach of powerful Lake County High School boys and girls cross country teams. His boys teams won nine state cross country championships and girls teams won eight. Recognized by Runner's World as one of the top 25 high school track/cross-country coaches in the nation.

Dan Zeroski

Highly successful head track and cross county coach at Stillwater High School in Stillwater, Oklahoma.

Activities

Day hikes up Colorado's high mountains that surround the Gunnison country. Hikes include Mt. Crested Butte at 12,200' near Crested Butte with stunning panoramas in every direction. Trail runs on the nation's best mountain bike trails, guest speakers, handouts and lectures on training methods and nutrition, plus a raft trip on the Upper Taylor River.

Lodging

Running camp members will enjoy five days of rooms and meals prepared by WSC and Sodexo-Marriott Food Corporation.



Camp Items needed by athletes:

1. Sweat suit
2. Swim suit
3. Day pack
4. Running shoes (2 pair preferred)
5. Warmclothes for hiking
6. Pencil and notepad
7. Hiking boots (optional)
8. Rain gear (optional)
9. Water bottle
10. Camera (optional)
11. **RECORD OF RECENT PHYSICAL EXAM**
12. Sunglasses
13. Stocking hat
14. Gloves or mittens

Check-In

All athletes must report to Mears Hall Lobby on the Western State campus Sunday, July 19, 2008, between 3:00 and 5:00 p.m. Dinner will follow.

Check-Out

Friday, July 24, 2008, by noon.



Typical Daily Schedule

6:30 - 7:15 a.m.	Morning workout
7:30 - 8:00 a.m.	Breakfast
8:00 - 9:00 a.m.	Free time
9:15 - 10:00 a.m.	Morning clinic
10:00 - 11:30 a.m.	Weight lifting/pool
11:30 - 12:30 p.m.	Lunch
12:30 - 1:30 p.m.	Free time
1:30 - 5:00 p.m.	Afternoon workout (run, hike, climb, raft, outdoor activity)
5:00 - 6:00 p.m.	Dinner
6:30 - 7:00 p.m.	Clinic
8:00 - 10:00 p.m.	Pool, movies, games, other activities
10:00 p.m.	Lights out

