

CAMP DIRECTORS



2009 will mark the 30th year for the NE Ohio CC Camp. Directors will be Ted Rupe, Chris Rupe and Fred Kieser. This trio along with the accompanying staff represents some of the finest runners and coaches in the Midwest United States.

Ted Rupe - In his 38 years of competition and coaching, Ted has accumulated some fine credentials. He was the 1972 State CC Champion in Div. A, leading his team to the state title. He was world ranked in the 10 K in 1977, won the Cleveland Revco Marathon in 1986 and the 1986 Moscow Peace Race. As a coach, his teams have qualified for 19 straight state CC championships, 13 of these teams finished in the top 4 at the Ohio State Championships, including a 1997, 2002, 2003 and 2005 State Championship and runners up in 1990, 1998 and 2001. He also coached the 2000 track team that tied for a state championship. He was selected as Ohio's High School CC Coach of the Year for 1997-1998. Ted was inducted into the Ohio Track and Cross Country Hall of Fame in 2003 for his accomplishments.

Chris Rupe - boasts a 14:37 5k, and 24:10 for 5 miles and 2:21 marathon. He has finished as top Ohioan twice at Cleveland Marathon and twice at Columbus Marathon. Recently at McDonald HS he has coached 5 state championship 4x800 relay teams and state champions Becky Testa, Stuart Henderson and state record holder Ed Stonestreet. His 1999 Track and Cross Country teams were both state champions. His 2001 and 2004 CC Teams also won the state championship, while his 2000, 2002, 2003 and 2007 squads were runners-up.

Fred Kieser - finished as the 2nd place individual in the 1988 Ohio State CC Meet and ran on a State Championship 3200m Relay Team. In 1993 he was the top Ohioan and third American in his debut marathon at Columbus. In 1995, he was chosen as Ohio's best distance runner by RunOhio. Fred recently finished 14th at the 2004 Olympic Marathon Trials to duplicate his place from the 2000 Olympic Trials. Fred ran a great time of 2:17 for the marathon. He was the winner of the 1999 Detroit Free Press Marathon, finished 2nd at the 2002 Free Press Marathon and finished 4th at the 1999 Columbus Marathon. He finished 11th at the 2003 US Marathon Championships. He has college coaching experience and has taken the high school team that he coaches, St. Joseph Academy, to the state meet for six of the last seven years in 2000-2005. In 2002 his team captured 4th place in the Division I girls state championships. Fred was the winner of the 2005 Cleveland Marathon.

CAMP PHILOSOPHY

The directors and staff of the NE Ohio CC Camp share the philosophy that lasting success in distance running must come from *within* the athlete. Regardless of the enthusiasm that coaches and parents share for the runner, the level of success will ultimately depend upon the runner's dedication and determination. The camp is thereby committed to instilling an attitude of enjoyment in each runner. For only when the runner learns a love of the sport, will they develop a work ethic allowing them to establish challenging goals and put forth the necessary training to accomplish these goals.

The camp is geared toward the junior high and high school runner that has a positive attitude towards self improvement through training designed to be strenuous yet rewarding.

The training runs at the camp will be broken into low, intermediate and upper mileages. Each runner should be in adequate condition to run a minimum of 6 miles each day, with the intermediate group covering an average of 8 miles each day and the upper group 10-12 miles.

THE CAMP

The NE Ohio CC Camp will be held at Badger Meadows Camp in Orangeville, OH, 10 miles east of Cortland. The 240 acre camp offers fine facilities including an Olympic size swimming pool, volleyball and basketball. The camp is in a rural setting, offering trails and rural roads for training. Runners will sleep on bunks in cabins that hold 12-15 campers. The camp is owned by the Presbyterian Church. Campers are expected to respect the facility and treat it accordingly.

*More camp info can be found at
www.gopherarun.com*



CAMP SCHEDULE

A typical day at camp includes:

7:00 - 7:15 AM	Wake up / Stretch
7:15 - 8:30 AM	Morning Run / Shower
8:30 - 9:30 AM	Breakfast
10:00-11:30AM	Morning Recreation
11:30 -12:30PM	Morning Clinic / Swim
12:30 PM	Lunch
1:30 - 3:00 PM	Afternoon Recreation or Rest
3:00 - 3:30 PM	Afternoon Clinic
3:30 - 5:30 PM	Afternoon Run / Shower / Swim
6:00 PM	Dinner
7:00 - 8:00 PM	Evening Recreation
8:00 - 9:30 PM	Evening Meeting



- Clinics at camp will be over topics including training, racing, diet, psychology of running, stretching, body composition, form, injuries, training logs and shoes.
- Nightly speakers discussing these and other topics will include college coaches, exercise physiologist, athletic trainers, shoe experts and top national runners.
- Camp participants will also receive:
 - Souvenir camp T-Shirt
 - Packet of running related gifts
 - Booklet of discussion topic handouts
- Three meals per day

REGISTRATION INFORMATION

Registration in the 2009 NE Ohio CC Camp requires a \$50 non-refundable down payment sent along with the following form. The total cost of the camp is \$245 per runner, the balance being due upon check-in at camp on Sunday, August 2nd (or mailed in prior to camp registration). Registrants will be accepted on a first come, first serve basis until the camp capacity of 200 registrants is reached. Last year this limit was reached in the middle of June. The NE Ohio CC Camp reserves the right to reject registrations to the camp to comply with both safety and disciplinary standards.

Detach and mail the following form and deposit to:

NE Ohio CC Camp
2533 Davis Peck Road
Cortland, OH 44410

Make checks payable to: Gopher Running

Application and Waiver

Name - _____ Age - _____

Address - _____

City - _____ State - _____ Zip - _____

School - _____ Sex - _____

Adult Shirt Size - S M L X Upcoming Grade In School - _____

List friends coming to camp that you wish to bunk with:

The above named athlete is in good health and has my permission to participate in camp activities. In case of emergency, I grant permission for my son/daughter to be treated at a local hospital.

X _____

Home phone - (____)-_____

Alternate Number - (____)-_____

E-mail address - _____

Email address requested if at all possible so that updates can be sent



Above is the staff from the 2008 NE Ohio CC Camp. The staff for the 2009 NE Ohio CC Camp will include many of the same staff with some additions:

- **Cory Leslie** - Graduating senior from Sandusky Perkins HS - 2007 Div II CC State Champion, 2007 State Track 1600m champion
- **Bridget Franek** - Sophomore at Penn State where she qualified for the NCAA CC Nationals - Bridgette holds the Ohio State Record in the 1600m in 4:45.68 which she ran in the 2005 State Track Meet. She also won the 2005 State Cross Country Title in 17:34 and qualified for the 2005 Foot Locker Nationals.
- **Michelle Sikes** - 2007 NCAA Champion in the 5000 meter, qualifier for the '07 World Championships in Fukuoka, Japan. Graduate of Wake Forest where she earned a Rhodes Scholar appointment as one of the nations top student/athletes. 2007 ACC indoor track 5K champion in 5000m. A 2003 graduate of Lakewood HS where she won two DI 3200m state track titles and one state cross country championship. 5K Track PR of 15:07.
- **Emil Heineking**- '06 State CC Champion and 3200m Champion, '06 Footlocker Finalist. Currently a freshman at University of Virginia where he was All-American last fall in cross country.
- **Rick Williamson** - Has run 3:51 for 1500 and 14:35 for 5K. Formerly men's distance coach at Akron University and at Aurora High School. Currently coaching at Northwood University in Michigan.
- **Matt Folk** - Graduate of Youngstown State University where he now coaches. Matt has been named Ohio Runner of Year numerous times - competed in 2004 and 2008 Olympic Trials in the marathon.
- **Brad Hunt** - Distance coach at University of Virginia. Hunt placed fourth in the 800 meters and sixth in the mile at the 1997 Mid-American Conference Indoor Championships. He also was fourth in the 1,500 meters and sixth in the 800 meters at the 1997 MAC Outdoor Championships. Hunt also recorded the fourth-fastest indoor 800-meter time (1:52.81) in Kent State history during the 1996-97 campaign.
- **Andy Arnio**- '05 Div III State CC Champion and 3200m Champion. Now running for The Ohio State University
- **Craig Rupe** - Completing senior year at University of Akron where he lettered in cross country and track and was CC Co-Captain. Was 1st Team All-Ohio as a senior in CC at Maplewood and was a member of two state championship CC teams and one track team.
- **Cassandra Schenck** - '07 State Champion in both the DII 1600m and 3200m. 2006 State CC Meet runner-up. Led Crestwood HS to '06 State Track Team Championship along with teammate Bridget Franek. Now a freshman competing at University of Akron.
- **Tara Gruskiewicz** - Coach at Avon HS. Ran 2:53 marathon last fall in Columbus.
- **Chris Sinick** - Two time Div II Ohio State Champion in the 1600m. Now competes for Malone College.
- **Chad Balyo** - Sophomore at OSU. Chad was the Ohio State Div I Champion in both CC and the 3200m in track. Ran a spectacular 8:52 2-mile at Nike Outdoor Nationals, which converts to sub 9:50 for a 3200m. Also won 2006 MidWest Meet of Champions 3200m.

Updates on 2009 camp staff will be listed on www.gopherarun.com as camp approaches.

Camp Directors:
Ted & Chris Rupe
Fred Kieser



Northeast Ohio
Cross Country
Camp

August 2nd - 7th, 2009

Andy Morgan, U of Akron - Claire Durkin, Kilbourne HS - Pat Sovacool, Miami U
On the run at the 2007 NE Ohio CC Camp