

EDINBORO DISTANCE VILLAGE

A Pre-Season Endurance Training Experience for **Men** and **Women** Cross Country Middle and Long Distance Running

Traditional Week
July 22 – July 27, 2007

Edinboro University of Pennsylvania

Features of **THE EDINBORO DISTANCE VILLAGE**

A WIDE VARIETY OF TRAINING SITES:

- * Championship level 5,000 – 10,000 meter cross country course on campus
- * All-weather 'Mondo' surfaced running track
- * Scenic road courses (20+ different runs)

FREE USE OF THE UNIVERSITY'S FACILITIES:

- * Access to Edinboro University's Sports Medicine Department and staff
- * A swimming pool with diving tank
- * Basketball courts
- * Twelve tennis courts, baseball and softball fields
- * Fish on campus or in Edinboro Lake
- * Camp ending coed dance

QUOTES FROM CAMPERS:

"In comparison with other camps, the learning was so personalized that I learned how to handle myself in training and competition much better."

"Most important for me, I learned what training methods were best for my personal situation."

“Camp has given me the knowledge and motivation to improve in running and life. . .”

“Running camp was so much fun!”

DISTANCE VILLAGE NOTES:

- * The camp has “graduated” dozens of state champions, innumerable All-State runners and contributed greatly to improvement of runners at all levels.
- * Camp’s philosophy and training designed to bring out the best in any runner.
- * Housing will be in the University’s modern residence halls – two campers to a room. Women’s housing will be in a separate residence hall or hall wing. Meals will be prepared and served in the University’s regular dining hall.
- * Camp week is definitely a pre-college educational experience.

EXPERIENCED, SUCCESSFUL PERSONNEL GUIDE YOUR TRAINING

The Village will be directed by five-time national cross country coach “Coach of the Year” Doug Watts. In his 38th year of coaching the Boro, Watts continues to bring a national recognition to his men and women distance runners.

Four NCAA Division II national cross country team championships, sandwiched between four, including 2004, runner-up trophies follow several NAIA first-place finishes. Edinboro has qualified runners for National Championship races for every year Watts has been the coach. The men’s cross country team has qualified for the NCAA National Meet the last 24 years in a row; the women 12 out of the last 14. Currently the team sustains a 34-year undefeated dual meet record of 127-0.

Individually, Edinboro runners have won four national titles, including 1998 champion Yi Min Wu, and have produced over 104 All-Americans under Watt’s lead. Sixteen former Edinboro runners have qualified for the Olympic trials. Five have gone on to represent the United States in international competition. Counselors include former national champions, collegiate All-Americans and professional resource people.

The camper, living closely together with these educational leaders, should be directly influenced by the knowledge, example, and especially the SPIRIT offered by such outstanding runners.

A LEARNING SITUATION

Above all, an intellectual approach will be taken to put the 'why' into running as well as the 'how' of the sport.

Lectures and videos will be employed on mechanics, the physiology of endurance, training techniques, and running tactics.

Each runner can be given a personal evaluation and suggestions for continued progress in his/her distance competition.

Training runs (number and intensities) will be matched to the camper's ability, previous training, and experience.

COACH DOUG WATTS

"We guarantee an outstanding week of endurance training carefully designed to help you reach your cross country goals in the fall and provide the background necessary for a successful spring track campaign. Most importantly, we will expose you to the spirit and tradition of running with national-class athletes in hope of enhancing the proper psychological preparation that is necessary for optimum performance.

From past experience we know you will leave camp tired from the miles of training, but injury free, enthusiastic, and wiser from the experience of the Village."

Sincerely,

Doug Watts

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THINGS TO BRING TO THE VILLAGE WITH YOU:

- * Running equipment, training shoes, sweat suit, running apparel, etc.
- * Swim trunks, casual wear, personal items, and recreational equipment
- * Towels, soap, pillow, blanket, radio or stereo, and some extra spending money
- * Registered campers can expect a detailed informational letter about camp by mid July.