



# Jacob Brown's Running Camp 2009

- Run with the Best!
  - Learn all the new ideas the champions are using!
  - Learn running Technique, training methods, and racing strategy!
  - Get a great start on Cross Country Training!
  - Prepare for Sleep away Cross Country Camp!
  - Learn about shoes and strength training!
  - Special group for new runners!
- 9am to 12 noon at Ridgewood Track

2 weeks to choose from:  
 July 13<sup>th</sup> to 17<sup>th</sup> #977  
 And  
 July 20<sup>th</sup> to 24<sup>th</sup> #978



## Camp Topics:

### Monday

- Video analysis of running form
- Mileage running vs timed running
- Map work

### Tuesday

- Learn about your feet
- Analysis of foot strike
- Hill running



### Wednesday

- Food for athletics
- Shoes for injury free running

### Thursday

- Down Hill running

### Friday

- Pace during training and racing

Relaxation , Stretching , and Active Release are part of every session

## 5 easy ways to register!

1. Mail the registration form with your payment. Check or Charge
2. In person registration at the RCS Office, Education Center, 1-4pm, Mon. thru Fri. Check, Charge, or Cash.
3. Phone it in, Charge only, 201-670-2777 or 201-670-2659.
4. Fax it in, 24 hours a day, Charge only, 201-444-5565
5. Online Registration, Charge only: <http://rcs.school.ridgewood.k12.nj.us/>

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 Town \_\_\_\_\_ State \_\_\_ Zip \_\_\_\_  
 Phone \_\_\_\_\_  
 School \_\_\_\_\_

Course Title: **Jacob Brown's Running Camp - 2009**  
 Week 1 = #977. Week 2 = #978  
 Course Number: \_\_\_\_\_ Fee \$140  
 Credit Card Information (visa or master card)  
 \_\_\_\_\_  
 Expiration date \_\_\_\_\_

For more information: [www.jacobbrown.com/](http://www.jacobbrown.com/) click on **running camp**

